Edition: 4th

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Practical ICT Strategies

Quick & practical ICT Trading Strategies to navigate the forex market with confidence and precision.

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1.

Introduction

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Introduction

HELLO! AYUB RANA HERE 👋.

Thank you for purchasing “Practical ICT Trading Strategies”!

The idea for this book came to life in December of 2023, few months after when I started my blog website to share all the trading knowledge I gained over the years. Though I got amazing response on my blog yet some users insisted to compile all ICT Trading knowledge in a single structured PDF book as everyone is not able to connect dots of scattered information over the blog.

I looked around and noticed few so called ICT Trading books are in market which are outdated, vague & often written by non practicing traders without the expertise. I decided to change this and write this book. Nearly all of the knowledge within these pages is based on 8 years of knowledge & thousands of trades taken by me.

Now I am sharing all that experience with you!

2. Who is this book for?

Who is this book for?

My books are brief. I won’t ask you to read 500 pages if I can get them down to 150. I know you’re restless. My goal is to get you started right away.

This Book is for anyone of below.

1- Newcomers to Trading Feeling Lost: : For beginners who don’t know where to start, this book simplifies complex ICT concepts into actionable steps.

2- Experienced Traders Seeking Advanced Insights: : If you’ve hit a plateau in your trading journey, this book uncovers advanced strategies to refine your edge and increase profitability.

3- Frustrated Traders Seeking Clarity: A step-by-step guide to cut through market noise and confusion.

4- Traders Looking for a Proven Strategy: Master a system designed for consistent and scale-able results.

5- Those Tired of Emotional Trading: Techniques to trade with discipline and avoid costly mistakes.

6- Part-Time Traders with Limited Time: Efficient strategies to maximize results in minimal trading hours.

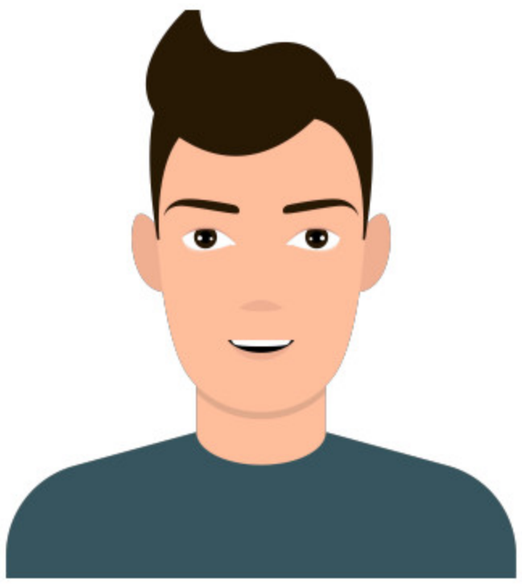
BOOK FOR

7. Aspiring Professionals Seeking Mastery: In-depth methods to achieve expert-level trading skills.

8. Traders Burned by Overpromising Courses: Actionable, no-fluff strategies that deliver real results.

9. Forex Traders Seeking Precision: Tools to pinpoint entry and exit levels with confidence.

10. Traders Wanting a Lifetime Skill: Build a sustainable trading career with ICT strategies that evolve with the markets.



“

8 years of experience, and over 1000 Trades distilled into the best ICT TRADING practices. ”

3.

Not for X

Not for X

THIS BOOK IS NOT FOR?

This Book is not for anyone of below.

1- Traders Expecting Instant Riches: If you're looking for a shortcut to wealth, this isn't the book for you.

2- People Unwilling to Put in the Work: Success in trading requires effort, discipline, and consistent learning.

3- Those Seeking Guaranteed Profits: Markets are unpredictable, and no strategy can promise risk-free gains.

4- Impatient Learners: ICT strategies take time to understand and implement effectively—patience is key.

5- Traders Ignoring Risk Management: If you overlook capital preservation, no strategy can save you from losses.

6- Individuals Who Avoid Self-Reflection: Trading success depends on analyzing and improving your mindset and habits.

BOOK NOT FOR

7- Get-Rich-Quick Enthusiasts: This book teaches a methodical approach, not speculative gambling.

8. Readers Expecting Hand-Holding: While this book offers guidance, your success depends on your dedication and practice.

9. Unrealistic Dreamers: If you believe trading is easy money, you'll be disappointed—it's a professional skill.

10. Those Who Won't Adapt: Markets change, and this book is for traders ready to evolve with them, not stick to rigid beliefs.

Why Traders Fail?

A trader can fail even with a solid understanding of all the trading rules, and an ICT trader is no exception. Often, failure stems from a lack of knowledge, but sometimes it’s due to an overload of unnecessary and scattered information.

To address this, this eBook is designed to provide only the most essential and practical knowledge of ICT, ensuring you receive exactly what you need to become a successful trader.

What is ICT Trading?

ICT Trading is a trading methodology developed by **Michael J. Huddleston**, commonly known as the "Inner Circle Trader". You may already be familiar with his name and teachings. His trading approach focuses primarily on the relationship between time and price, emphasizing that **while understanding price movement is crucial, the timing of those movements is even more critical.**

According to Huddleston, price is delivered and controlled by an algorithm he refers to as the **IPDA (Interbank Price Delivery Algorithm).**

This algorithm is designed to target liquidity, making liquidity a central concept in his teachings. Huddleston identifies two primary reasons for price delivery:

1. To balance any imbalance in price.
2. To hunt for liquidity.

“

While understanding price movement is crucial, the timing of those movements is even more critical.

ICT VS Price Action

If you've previously traded using **price action**, you might wonder how ICT differs from it. From my perspective, as someone who has traded price action for years, the key difference lies in the u**nderlying logic in price action.**

Price action doesn't offer a clear rationale for price movements, as prices don't move due to animal or symmetrical patterns.

Additionally, the win rate for price action is significantly lower, particularly on lower time frames, where numerous patterns and trend lines can form simultaneously, **often leading to confusion.**

In contrast, ICT provides a logical framework for understanding price delivery, which is especially relevant in our technology-driven era.

You're likely familiar with algorithms that control various online operations, and price delivery in the financial markets is no different.

it's also governed by an algorithm. This approach not only makes more sense but also results in higher accuracy and a better win ratio, making ICT a more reliable method for trading.

Road Map

LEARN STEP BY STEP

This roadmap is designed to guide you through a step-by-step learning journey of ICT (Inner Circle Trader) trading strategies. It covers essential concepts, market structures, execution techniques, and risk management, ensuring a comprehensive understanding of how smart money operates.

Phase 1: Understanding Core ICT Concepts (Weeks 1–4)

The first phase focuses on building a solid foundation by understanding the key concepts that drive price movements and market behavior.

✅ PD-Arrays & Dealing Range

Premium & Discount (PD) Concepts: Learn how to divide price ranges into premium (above equilibrium) and discount (below equilibrium) zones to identify optimal trade entries.

ICT Dealing Range & Fibonacci: Use ICT's dealing range along with Fibonacci retracement levels to pinpoint high-probability entry and exit zones.

Key PD Arrays: Study essential ICT tools such as:

Order Blocks (OBs): Areas of institutional interest where large orders are placed.

Breaker Blocks: Failed OBs that act as support or resistance after being broken.

Fair Value Gaps (FVGs): Areas of inefficiency where price moves quickly, leaving a gap.

Mitigation Blocks: Zones where price returns to mitigate unfilled **orders.**

✅ Liquidity Zones

Buy & Sell-Side Liquidity (BSL/SSL): Learn to identify liquidity pools where stop-losses are likely placed, which smart money targets.

Liquidity Sweeps: Recognize how the market manipulates price to trigger stop-losses before reversing direction.

ICT Liquidity Voids: Understand liquidity gaps where price tends to revisit and fill, offering potential trade opportunities.

Phase 2: Market Profiles & Structure (Weeks 5–8)

This phase emphasizes analyzing market profiles and advanced structural patterns to identify trading opportunities.

✅ ICT Market Profiles

Weekly & Intraday Profiles: Study how the market moves within a week and intraday cycles to predict future price behavior.

Daily Bias: Learn to establish a directional bias for the trading day based on past price action and liquidity behavior.

Market Maker Buy/Sell Model: Understand how market makers manipulate price to trap retail traders and execute their orders.

Judas Swing: Identify false moves (fake-outs) during key sessions that trick retail traders before a reversal.

✅ ICT Essentials & Structure Shift

ICT AMD Pattern: Recognize the Accumulation, Manipulation, and Distribution cycle that repeats across all timeframes.

CISD (Consolidation-Impulse-Shift-Displacement): Understand how price consolidates, moves impulsively, and shifts structurally.

Market Structure Shift (MSS): Identify when market structure changes direction, signaling a potential reversal or continuation.

Phase 3: Timing & Execution Strategies (Weeks 9–12)

Timing is crucial in ICT trading. This phase focuses on refining your entry and exit strategies through session analysis and execution models.

✅ ICT Time & Price Theory

Session Trading: Master trading during the three major sessions:

Asian Session: Low volatility – defines the range.

London Session: High volatility – main price movement.

New York (NY) Session: Reversals and continuations.

ICT Kill Zones: Key times within trading sessions where institutional activity is most prominent.

London Open (7 AM–10 AM GMT)

New York Open (7 AM–10 AM EST)

London Close (2 PM–4 PM GMT)

Silver Bullet Strategy: A refined entry model targeting specific time windows with high precision.

✅ Precision Entry & Trade Execution

Confluences for Entries: Combine multiple factors for high-probability setups:

Order Blocks

Liquidity Zones

Session Timing

Optimal Trade Entry (OTE): Use Fibonacci retracement (61.8%-79%) to identify optimal entry zones.

Backtesting: Systematically review past trades to identify recurring patterns and improve precision.

Phase 4: Risk Management & Trading Psychology (Weeks 13–16)

The final phase focuses on controlling risk, maintaining discipline, and building a sustainable trading plan.

✅ Risk & Money Management

Risk Control: Never risk more than 2% per trade. Adjust based on drawdown and winning streaks.

Risk-to-Reward Ratio: Aim for a minimum of 1:3 (risking 1 unit to earn 3 units).

Stop Loss & Take Profit: Use logical levels (e.g., above/below liquidity) to set clear exit points.

✅ Building a Consistent Trading Plan

Avoid Emotional Trading: Stay disciplined to prevent over trading and revenge trading after losses.

Trade Journaling: Document 100+ trades to identify patterns, mistakes, and areas for improvement.

Focus on High-Probability Setups: Master 1–2 setups (e.g., OTE + Liquidity Sweep) before expanding.

Final Thoughts:

By following this structured ICT Trading Roadmap, you will gradually develop the skills and discipline needed to succeed. Each phase builds on the previous one, moving from understanding foundational concepts to advanced execution with confidence.

Happy Trading! 🚀

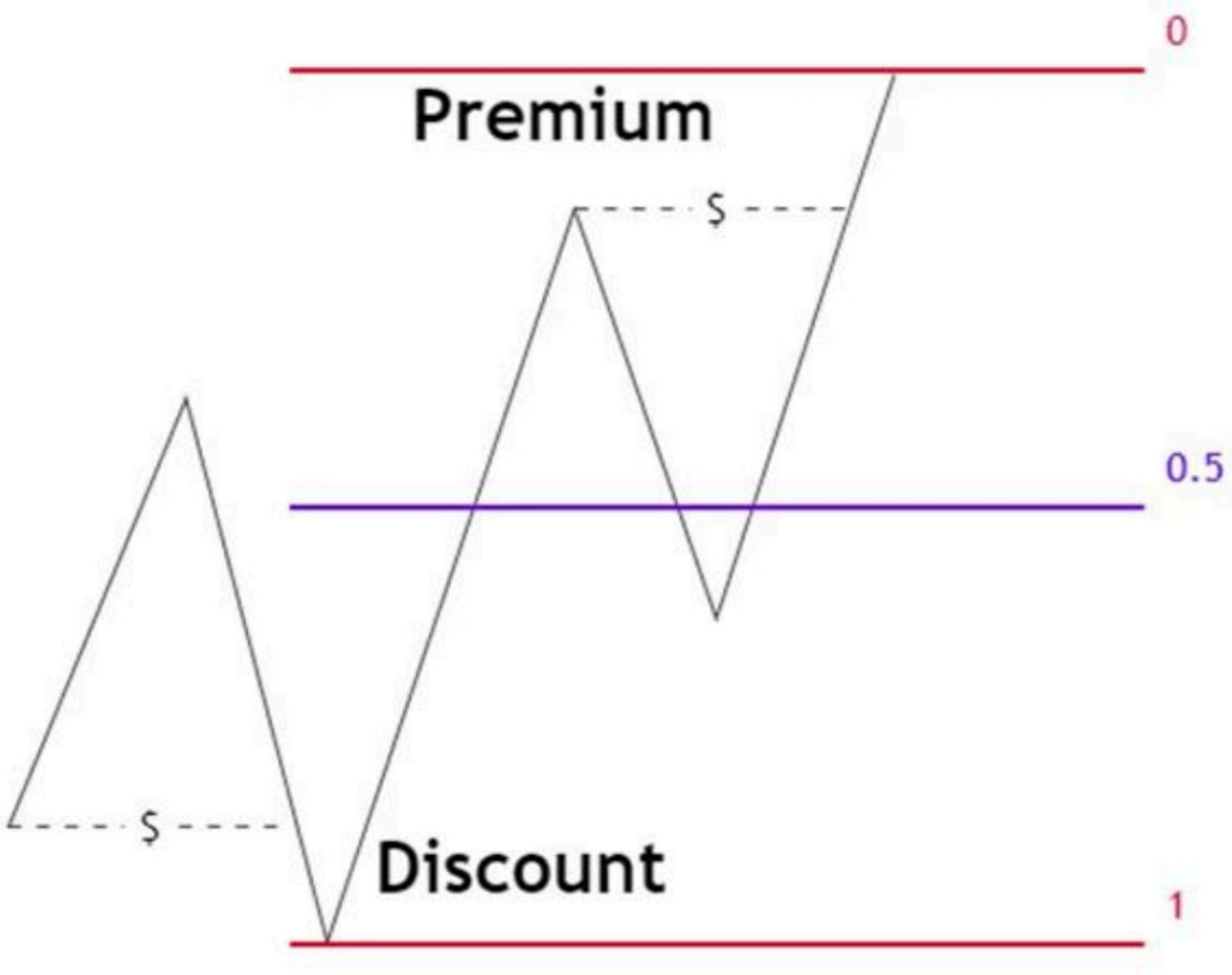
2. PD-Array

ICT PD-Array

ICT PD-Array stands for the **“Premium and Discount Arrangement”** and is used as a checklist to determine the trade entry points in the market.

Traders use the PD arrays to **find the optimal price for buying and selling in the market.**

As a seller you will always wish to sell at a premium price while as a buyer you will wish to buy at a discounted price, so the ICT PD arrays serve the purpose to get you the better price.



To identify the ICT premium and discount zone, you have to use the fibonacci with following inputs.

(I) 1 (Start)
(II) 0.5 (Equilibrium)
(III) 0 (End)

Now plot the fibonacci from an established old high to established old low.

0.5 level of Fibonacci tool is basically the 50% retracement level and the area above 0.5 Fibonacci retracement level is the premium zone. While the area below 0.5 fibonacci level on price chart is identified as discount zone.

I have explained **Components of PD-Array** in a next **9 chapters individually**. You can ready them chapter by chapter to get deep insight. Below is the list of PD-Array.

1 : ICT Order Block
2 : ICT Breaker Block
3 : ICT Fair Value Gap
4 : Inverse Fair Value Gap
5 : ICT Implied Fair value Gap
6 : ICT Balanced Price Range-BPR
7 : ICT Rejection Block
8 : ICT Vacuum Block
9 : ICT Mitigation Block

Let's Now Go for Each Chapter of PD-Array.

“

ICT PD-Array is used as a checklist to determine the trade entry points in the market.

Order Block

****PD--Array****

ICT order block is basically an area on the price chart which indicates the huge institutional orders and signals the strong reversal or continuation of price.

(I) Bullish Order Block

A bullish order block is the last bearish candle before the bullish impulse (strong sudden) move, it typically consist of two candles, with the first candlestick being a bearish and the second candlestick being a bullish one.

To identify a valid bullish order block you need to check following things:

(I) Second candle being a bullish candle, should grab the low of previous bearish candle. Price should go below the low of previous bearish candle.

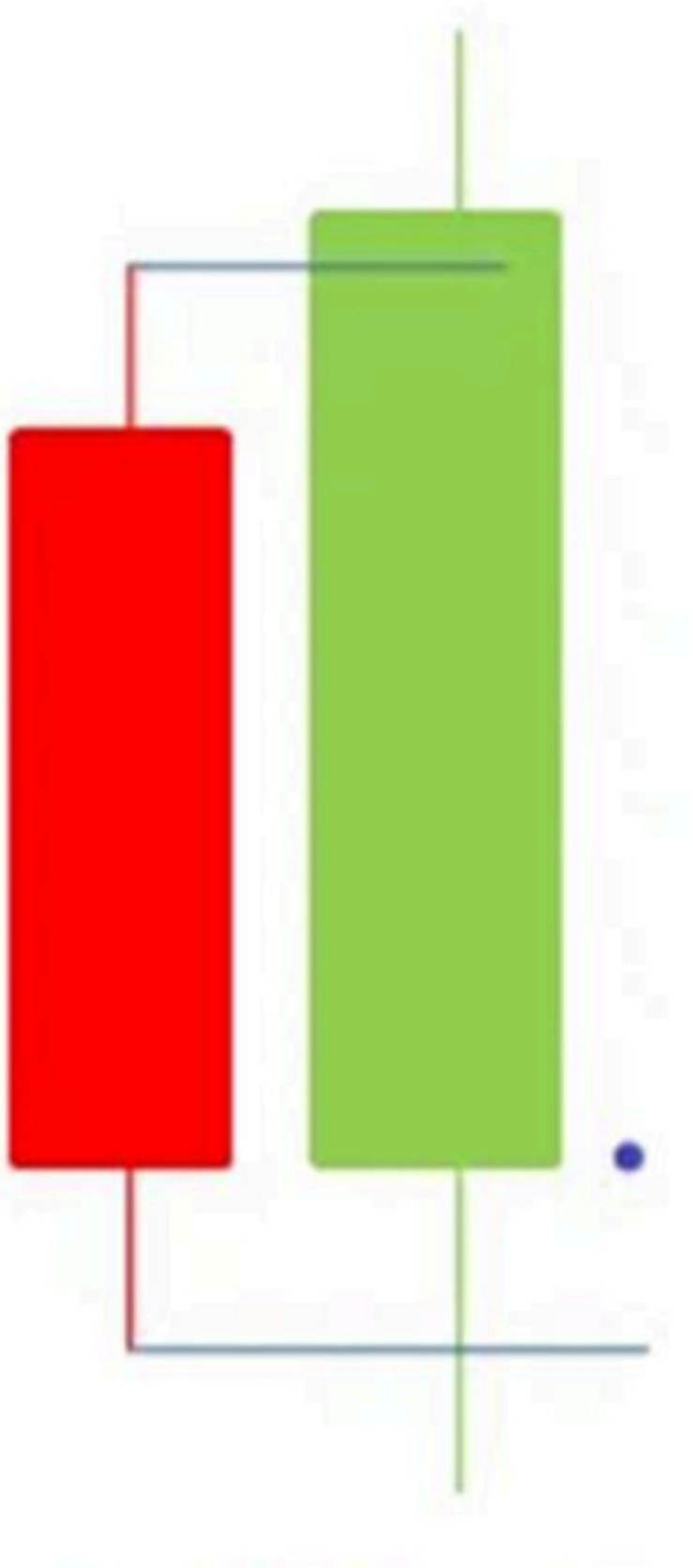
(II) Second candle being a Bullish candle should close above the high of previous bearish candle.

(III) Imbalance in lower time frame in the order block zone.

(IV) Structure shift in lower timeframe.

To sum it up we can say, second candle should completely engulf the first candle – body to body & wick to wick.

In his 2024 Mentorship **Michael suggested** to use all the consecutive bearish candles before the bullish move as an order block **but the last bearish candle will be most sensitive one and the preferred one as an order block.**



(II) Bearish Order Block

A bearish order block is the last bullish candle before the bearish impulse move, it typically consists of two candles, with the first candlestick being a bullish and the second candlestick being a bearish one.

To identify a valid bearish order block you need to check following things.

(I) Second candle being a bearish candle. should grab the high of previous bullish candle. Price should go above the high of previous bearish candle.

(II) Second candle being a bearish candle should close below the low of previous bullish candle.

(III) Imbalance in lower timeframe in the order block zone.

(IV) ICT Market Structure Shift in lower timeframe.

To sum it up we can say second candle should completely engulf the first candle – body to body & wick to wick.

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Bearish OB

“

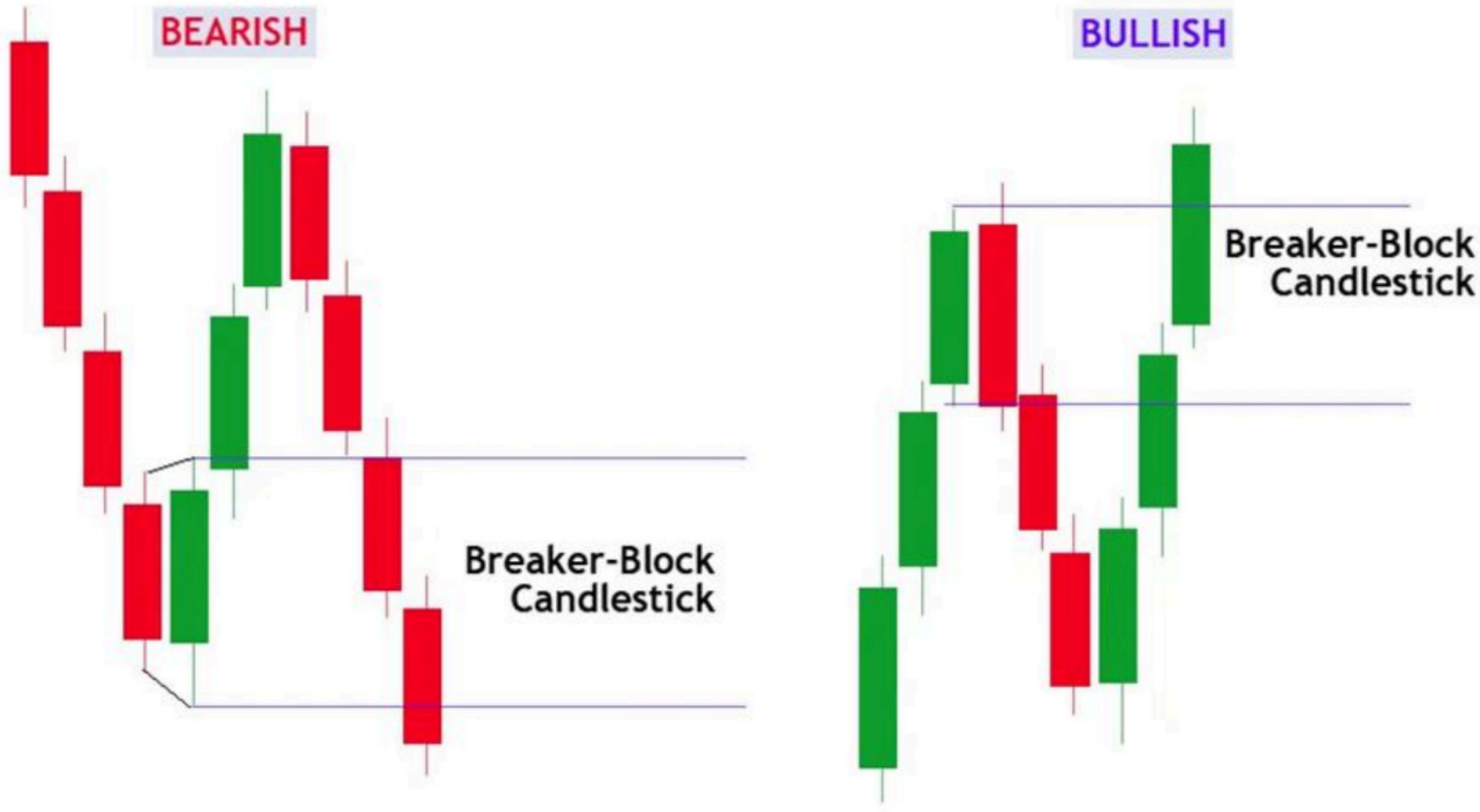
Order block is basically an area on the price chart which indicates the huge institutional orders and signals the strong reversal or continuation of price.

Breaker Block

PD--Array

A breaker block is a failed order block which is identified after a liquidity sweep or market structure shift.

When an order block forms in contrast to the prevailing market's trend, there is high probability of that order block being fail.



(I) Bullish Breaker Bock

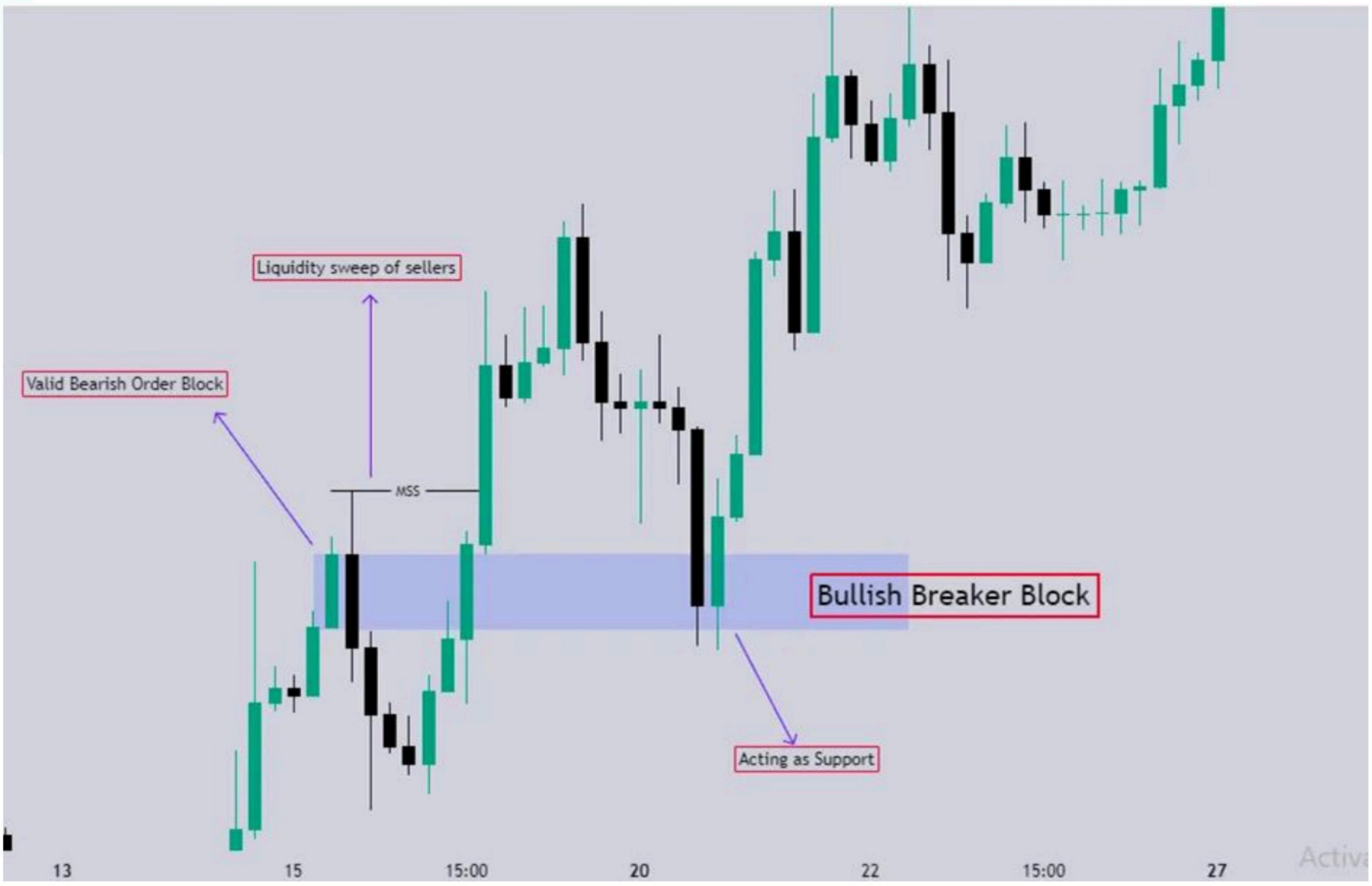
When price breaks a bearish order block (price close above the high of bearish order block) it act as a support and push prices higher which is called as bullish breaker block.

ICT refers the consecutive up closed candles before the swing high (that swept liquidity and later price broke it) as bullish breaker block.

But he narrates the last up closed candle as the most sensitive and hence to be precise he mostly uses only that candle as a breaker block.

To identify a valid bullish breaker block you need to check following things:

(I) Liquidity Sweep
(II) A valid bearish order block.
(III) Price closing above the high of bearish order block.
(IV) Market structure shift to the upside.



(II) Bearish Breaker Block

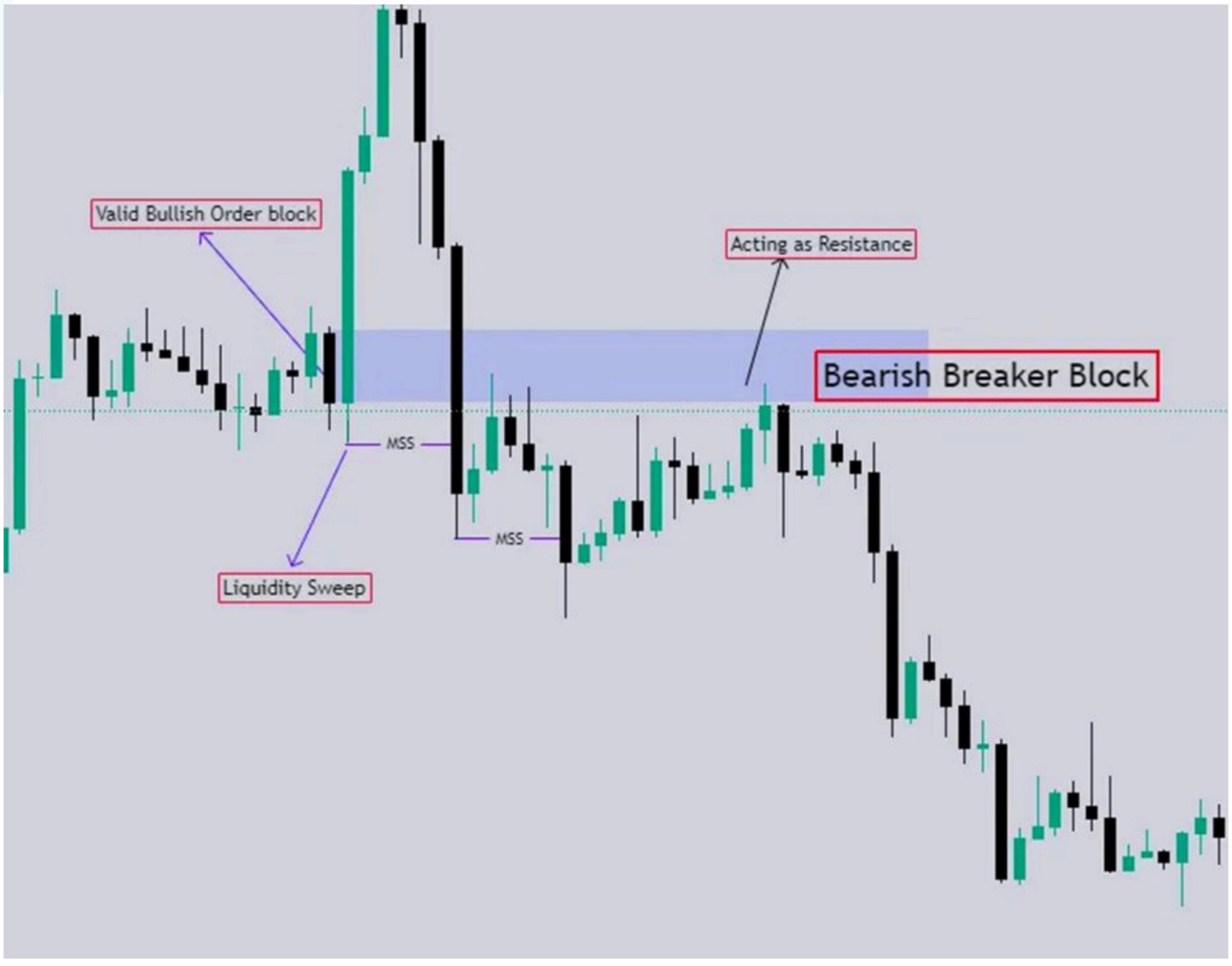
When the price breaks below a bullish order block (closing below the low of the bullish order block), it acts as resistance and pushes prices lower, which called as a bearish breaker block.

According to ICT, consecutive down-closed candles before the swing low (that cleared liquidity and then got broken by price) are referred to as bearish breaker blocks.

However, ICT highlights the final down-closed candle as the most crucial, and typically only considers that candle as the breaker block for precision.

To confirm a valid bearish breaker block, you need to check the following:

1. A liquidity sweep.
2. A valid bullish order block.
3. Price closing below the low of the bullish order block.
4. A shift in market structure to the downside



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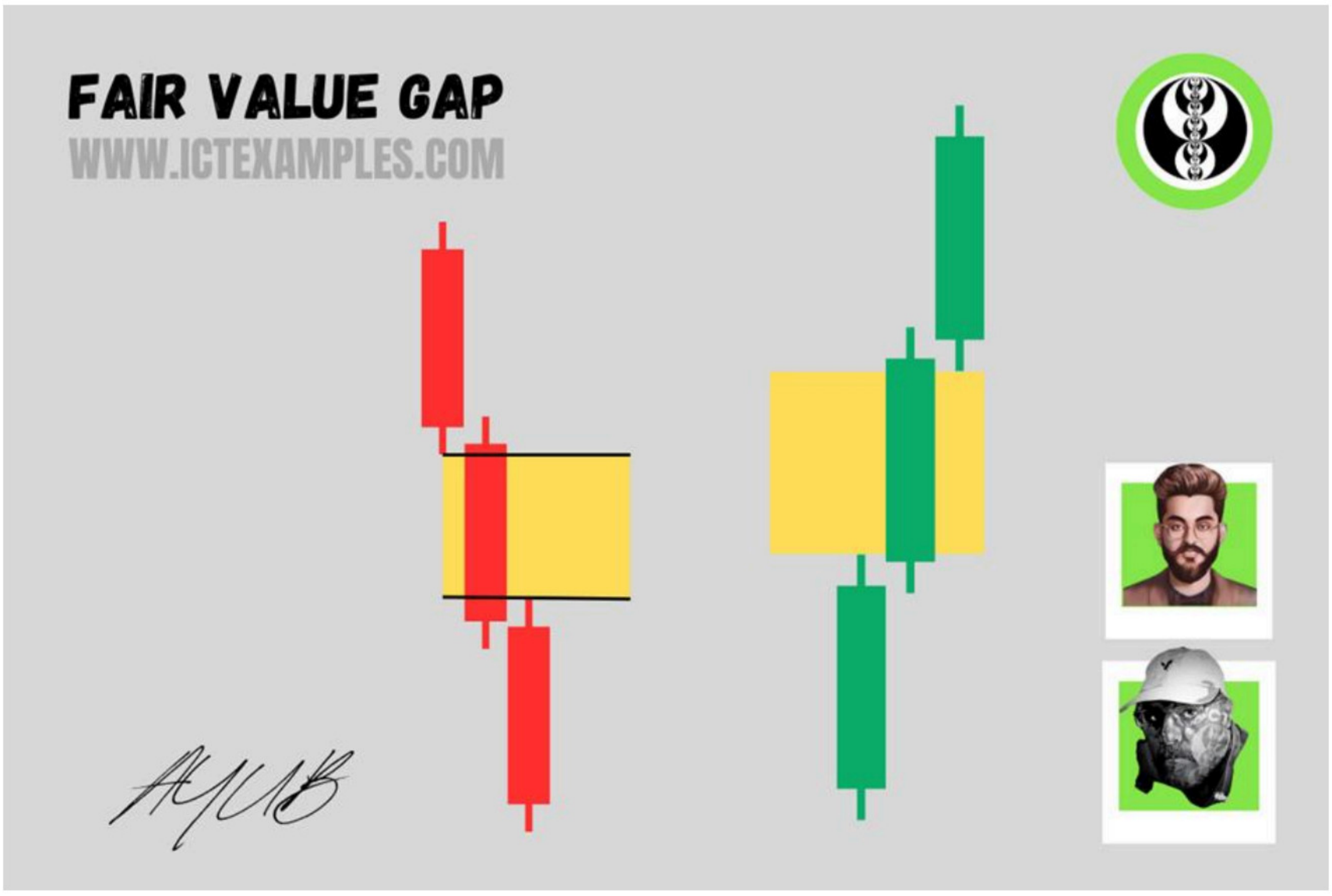
A breaker block is a failed order block which is identified after a liquidity sweep or market structure shift.

Fair Value Gap

****PD--Array****

ICT fair value gap is a three-candle structure indicating a gap between the high and low of 1st and 3rd candlestick.

The gap between three candles is created because price does not retrace in that area and leaves it open.



To identify an ICT FVG, you need to look for a large candlestick with most body range.

After identifying the large candlestick, mark the high of candlestick prior to the large candle and low of the subsequent candlestick.

There will be a visible gap between the high and low of the two candlesticks which indicate the **ICT fair value gap.**

To identify an ICT FVG, you need to look for a large candlestick with most body range.

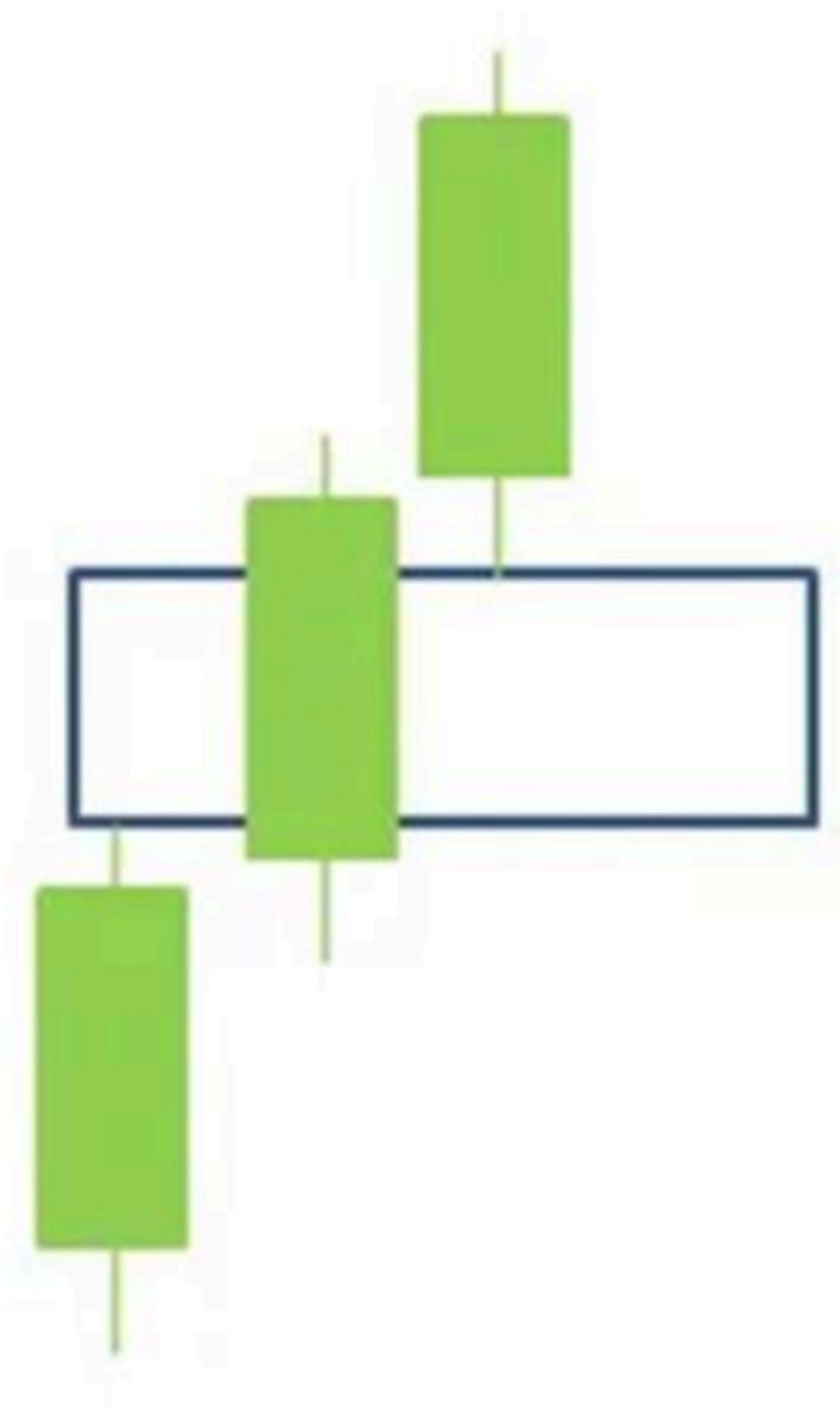
After identifying the large candlestick, mark the high of candlestick prior to the large candle and low of the subsequent candlestick. There will be a visible gap between the high and low of the two candlesticks which indicate the ICT fair value gap.

(I) Bullish Fair Value Gap

A bullish fair value gap in ICT terms appears during an uptrend with a three-candle pattern.

It happens when the middle candle has a large body, leaving a gap between the high of the first candle and the low of the third candle.

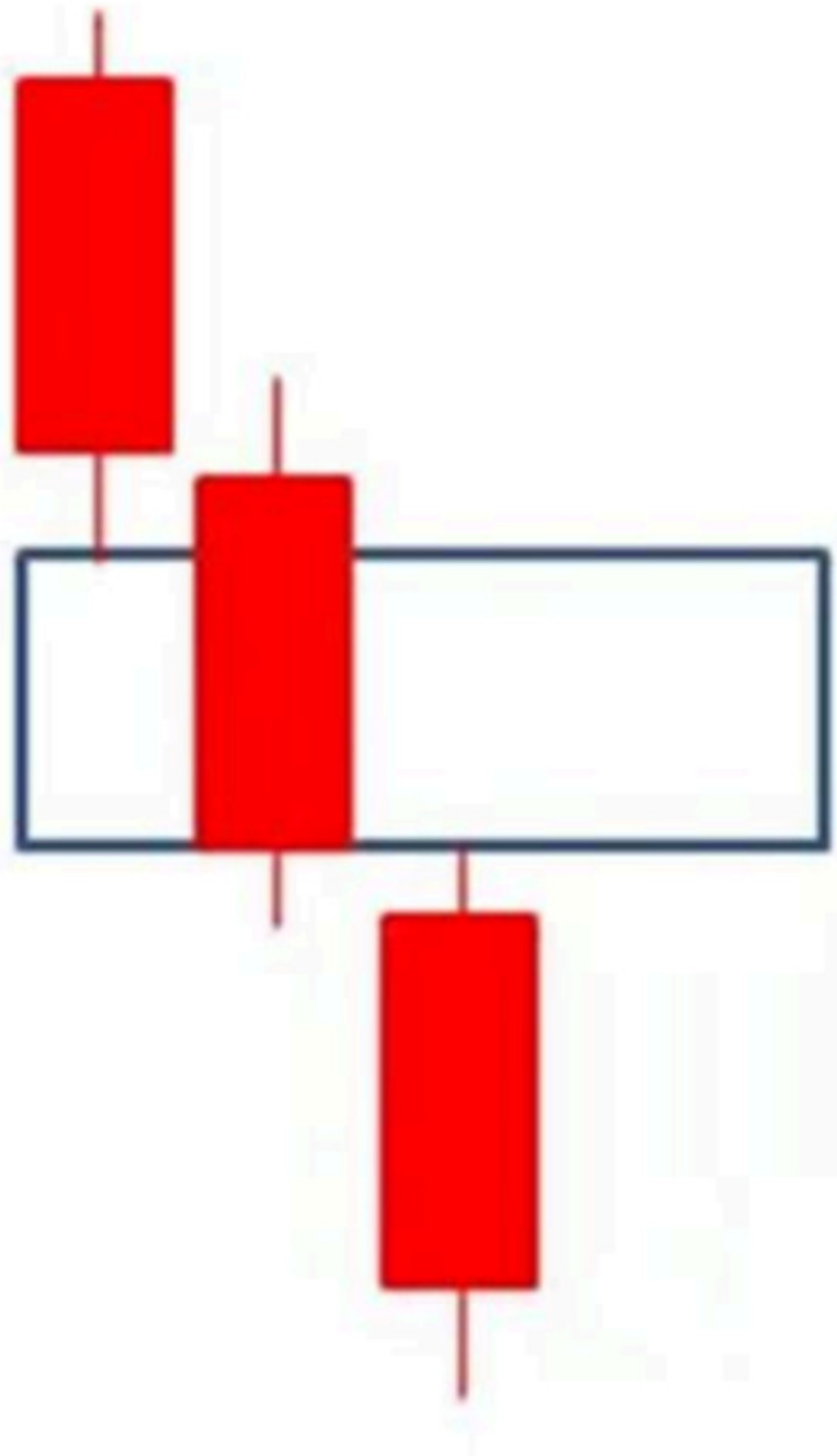
In an uptrend, a fair value gap can serve as strong support, with the price often retracing to fill the gap before moving higher.



(II) Bearish Fair Value Gap

A bearish fair value gap appears in a downtrend within a three-candle pattern. It forms when the middle candle has a large body, creating a gap between the low of the first candle and the high of the third candle.

In bearish trend a **fair value gap can act as a good resistance and mostly price tends to fill this gap before moving lower.**



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fair value gap is a three-candle structure indicating a gap between the high and low of 1st and 3rd candlestick.

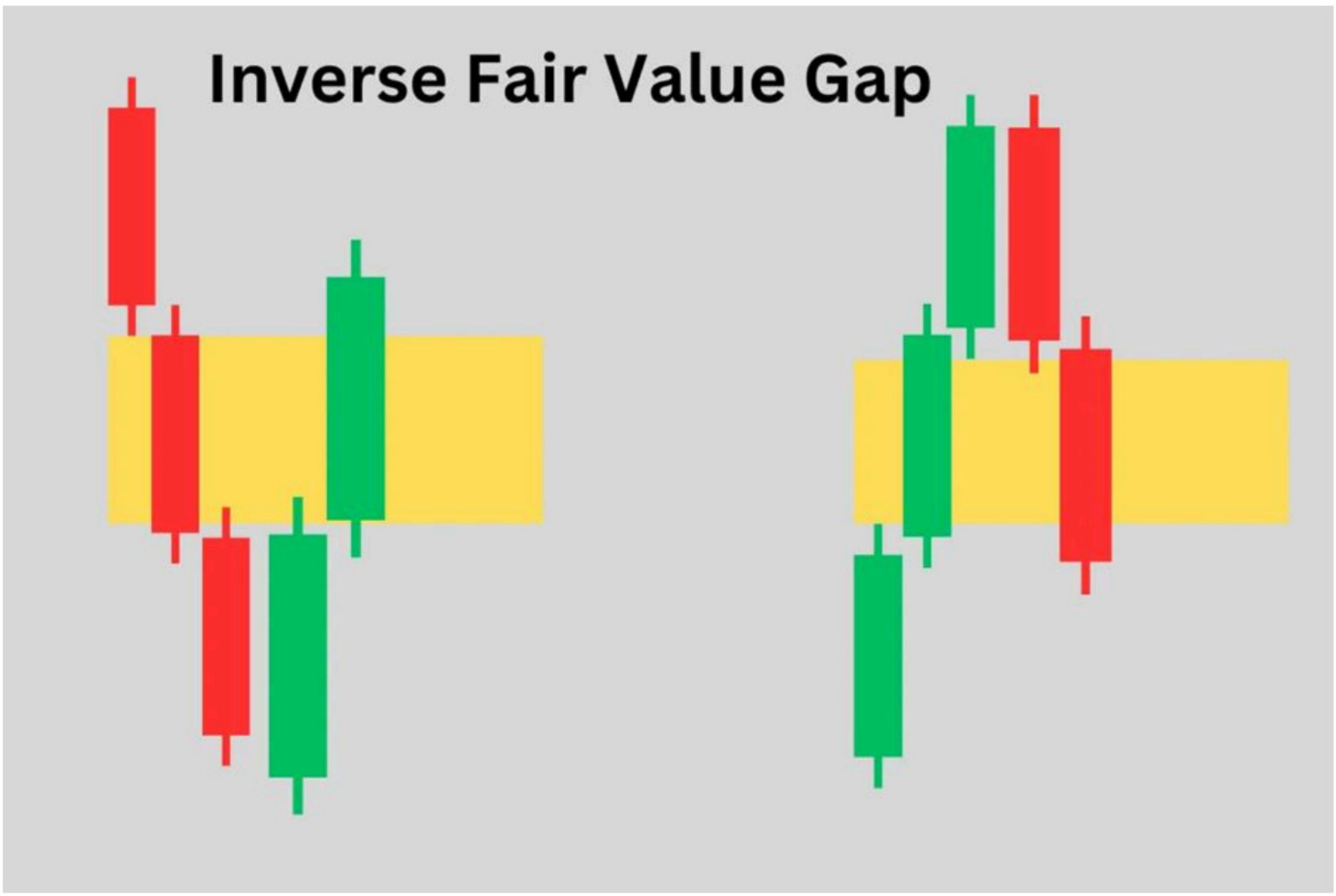
Inverse Fair Value Gap

PD--Array

An inverse fair value gap forms when a fair value gap fails to hold the price and price goes beyond, breaking the fair value gap.

Inverse fair value gap signals the most initial shift in momentum of price. As price moves in a direction its respects the fair value gaps and continues its move.

But if a fair value gap is violated it acts as a inverse fair value gap and signals the first shift in momentum of price which can result in a short retracement or a change in direction later.



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An inverse fair value gap forms when a fair value gap fails to hold the price and price goes beyond, breaking the fair value gap.

Implied Fair Value Gap

****PD--Array****

ICT implied fair value gap is not a typical Fair Value Gap, basically it is a hidden fair value gap and the algorithm uses it to reprice and balance the price delivery.

It is formed when price falls/rises with a displacement move and large bodied candles form with the wicks overlapping each other representing no visual fair value gap.

To identify the Implied fair value gap:

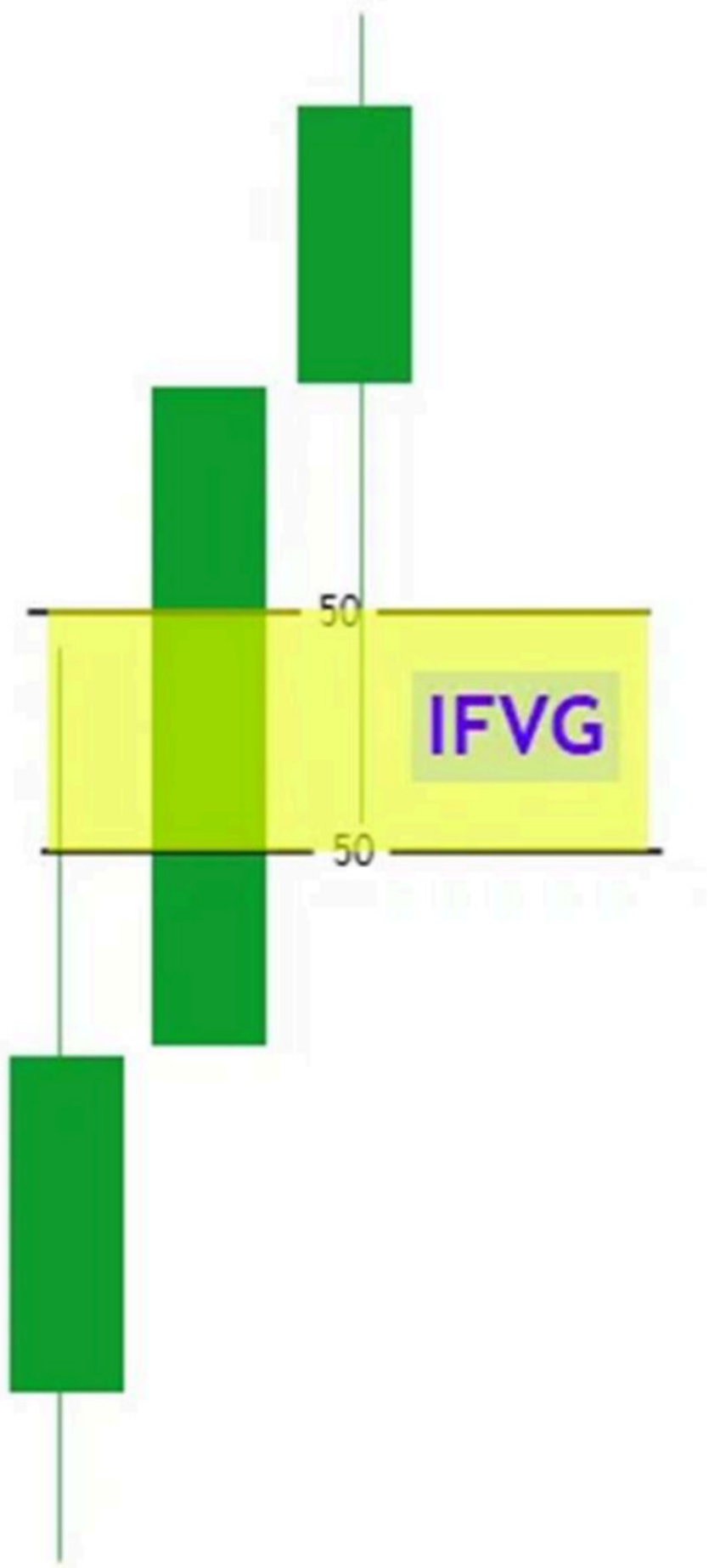
Look for large body candlestick whose body is overlapped by the wicks of previous and next candlestick and there is no gap left.

For the (I) Bullish Implied Fair Value Gap you have to identify a bullish large bodied candlestick whose body is overlapped by the wicks of preceding and following candlestick.

Using the Fibonacci tool, measure the Consequent Encroachment(50%) level of the upper wick of the first candle (the candlestick before the large bullish candle).

Next, use the Fibonacci tool to measure the Consequent Encroachment50% level of the lower wick of the third candle (the candlestick after the large bullish candle).

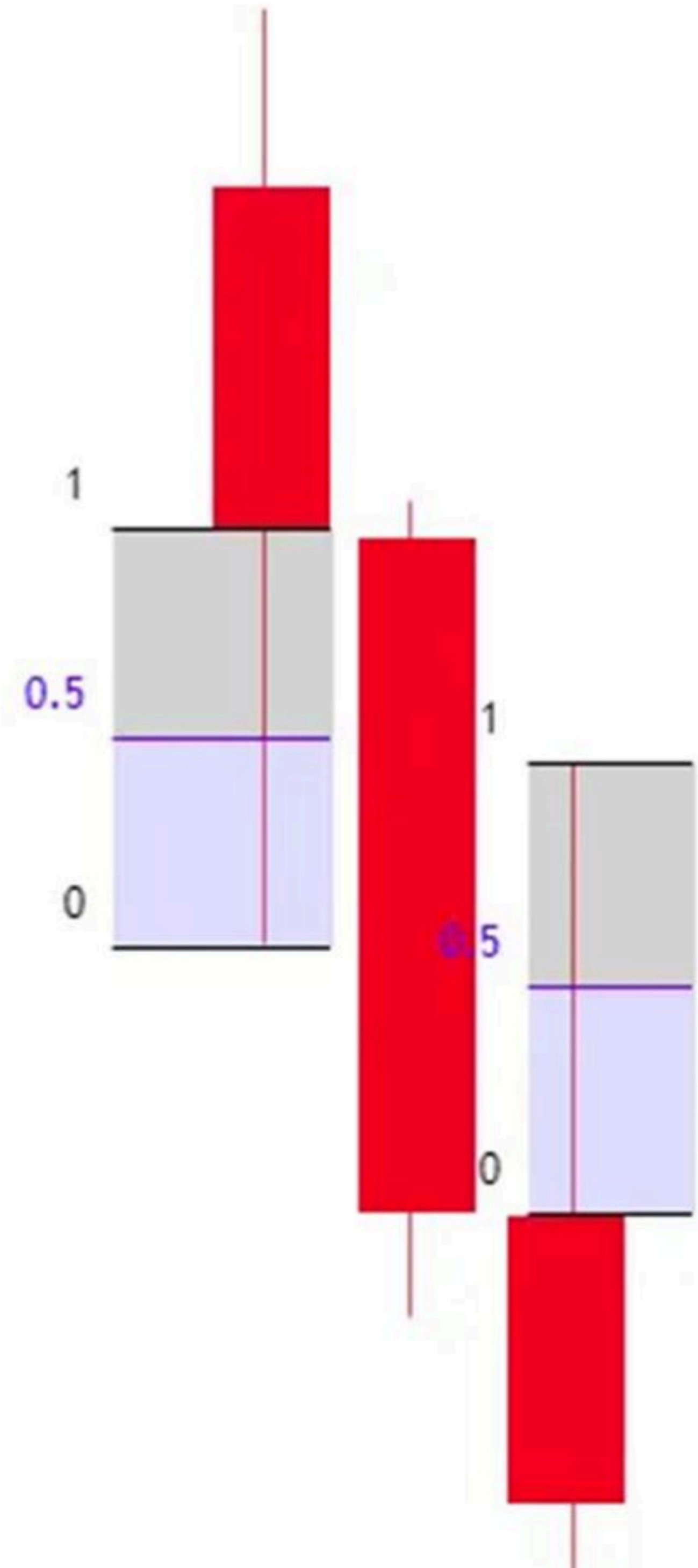
Example on Next Page....



To identify a Bearish Implied Fair Value Gap, you need to find a large bearish candlestick whose body is overlapped by the wicks of the preceding and following candlesticks.

Now use the Fibonacci tool to determine the 50% level (Consequent Encroachment) of the lower wick of first candle (the candlestick before the large bearish candle).

Next, use the Fibonacci tool to find the 50% level (Consequent Encroachment) of the upper wick of the third candle (the candlestick after the large bearish candle).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0.5
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Implied fair value gap is not a typical Fair Value Gap, basically it is a hidden fair value gap and the algorithm uses it to reprice and balance the price delivery.

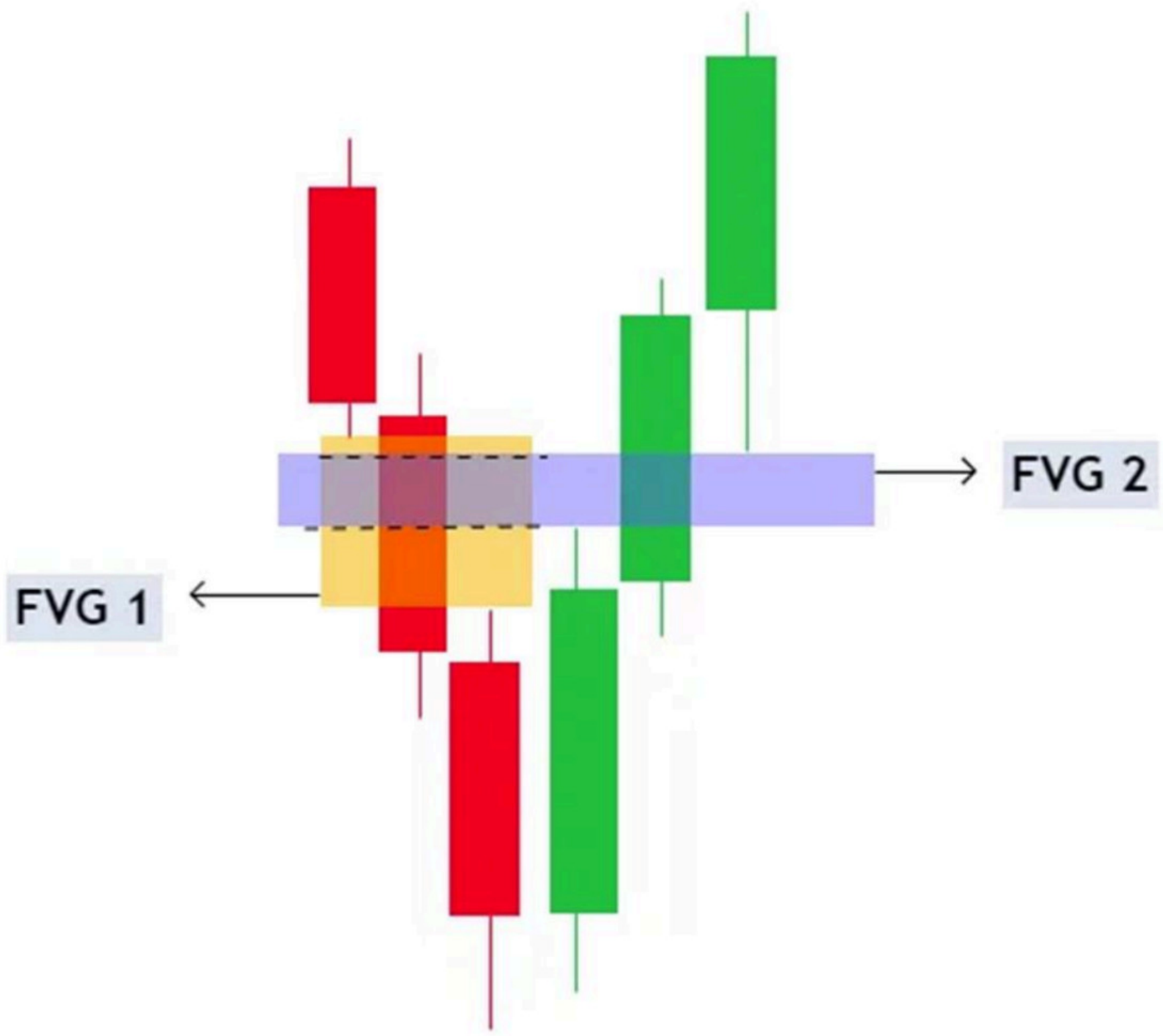
Balanced Price Range-BPR

****PD--Array****

Balanced price range (BPR) is the area on price chart where two opposite fair value gaps overlap.

To identify the balanced price range (BPR) you have to mark the fair value gap on the sell side of price and another fair value gap on the buy side of the price.

Both fair value gaps being horizontally opposite to each other. Now find and mark the area of price where both fair value gaps overlap with each other.



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Balanced price range (BPR) is the area on price chart where two opposite fair value gaps overlap.

Rejection Block

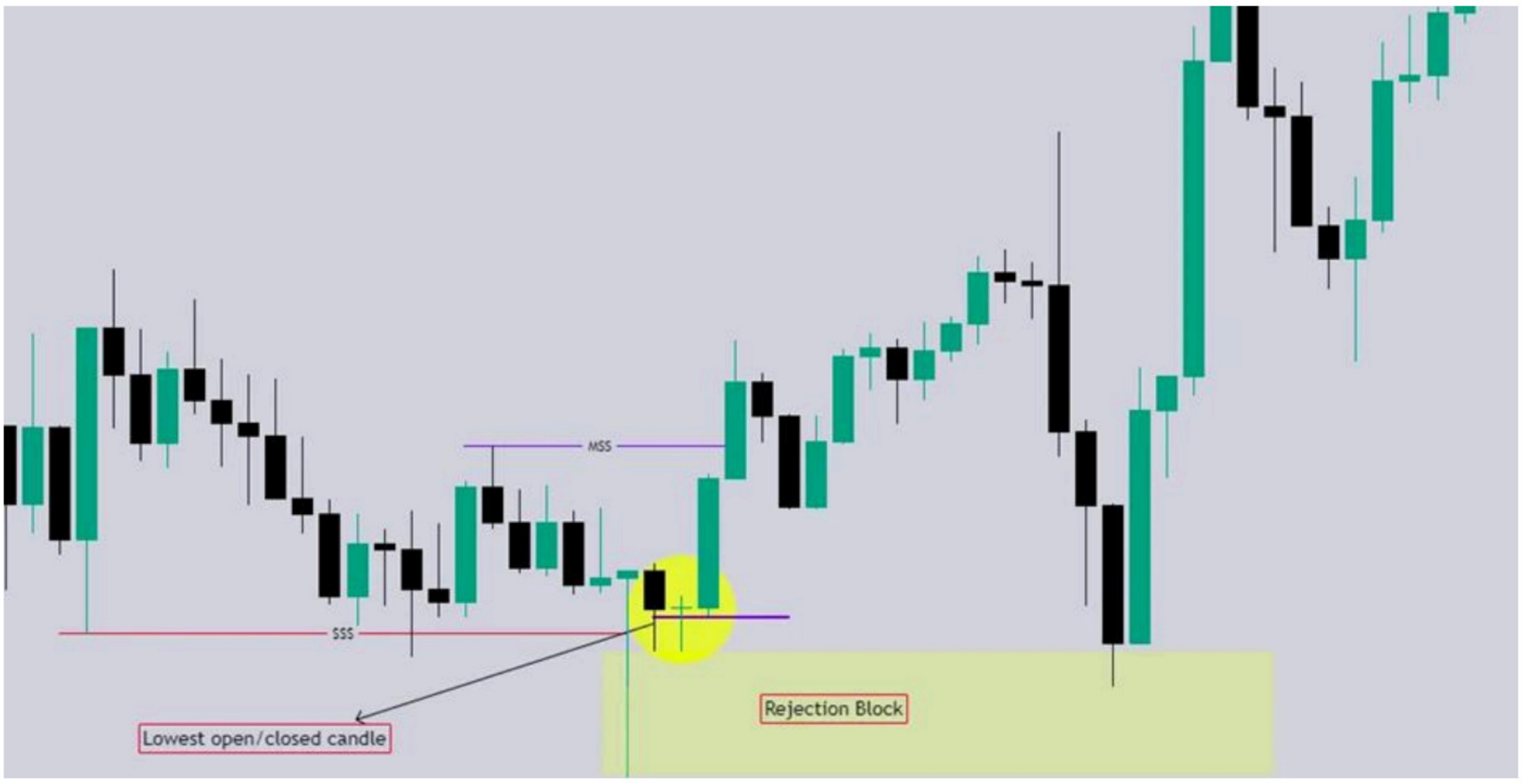
PD--Array

ICT rejection block setup is based on the rejection wicks and liquidity sweep. When price sweeps old highs or lows liquidity forming long rejection wicks and shifting market structure, the long rejection wicks are termed as rejection block.

(I) Bullish Rejection Block

After sweeping the liquidity of old lows, when price low is formed with long wick(s) and the price goes up shifting the market structure to buy side then the long wick at the bottom is marked as rejection block.

And when price reaches down below the body of lowest open/closed candle of rejection block (to run sell stops) you can execute a buy trade.



(II) Bearish Rejection Block

After sweeping the liquidity of old high, when price high is formed with long wick(s) and the price goes down shifting the market structure to sell side then the long wick at the top is marked as rejection block.

And when price reaches up above the body of highest open/closed candle of rejection block (to run buy stops) you can execute a sell trade.

“

ICT rejection block setup is based on the rejection wicks and liquidity sweep.

Vacuum Block

****PD--Array****

ICT vacuum block is a gap created in price action because of a high volatility event like FOMC, NFP or a geopolitical event like war. It can also be created because of a week, day or session opening.

It is called vacuum block because of the vacuum of liquidity. When price opens up or down from the market price leaving a gap behind it is called ICT vacuum block. Because there has been no trading activity in that gap as no trader was able to execute trade because of high volatility.

Mostly price tends to fill these gaps and then continue its move in the direction of gap.

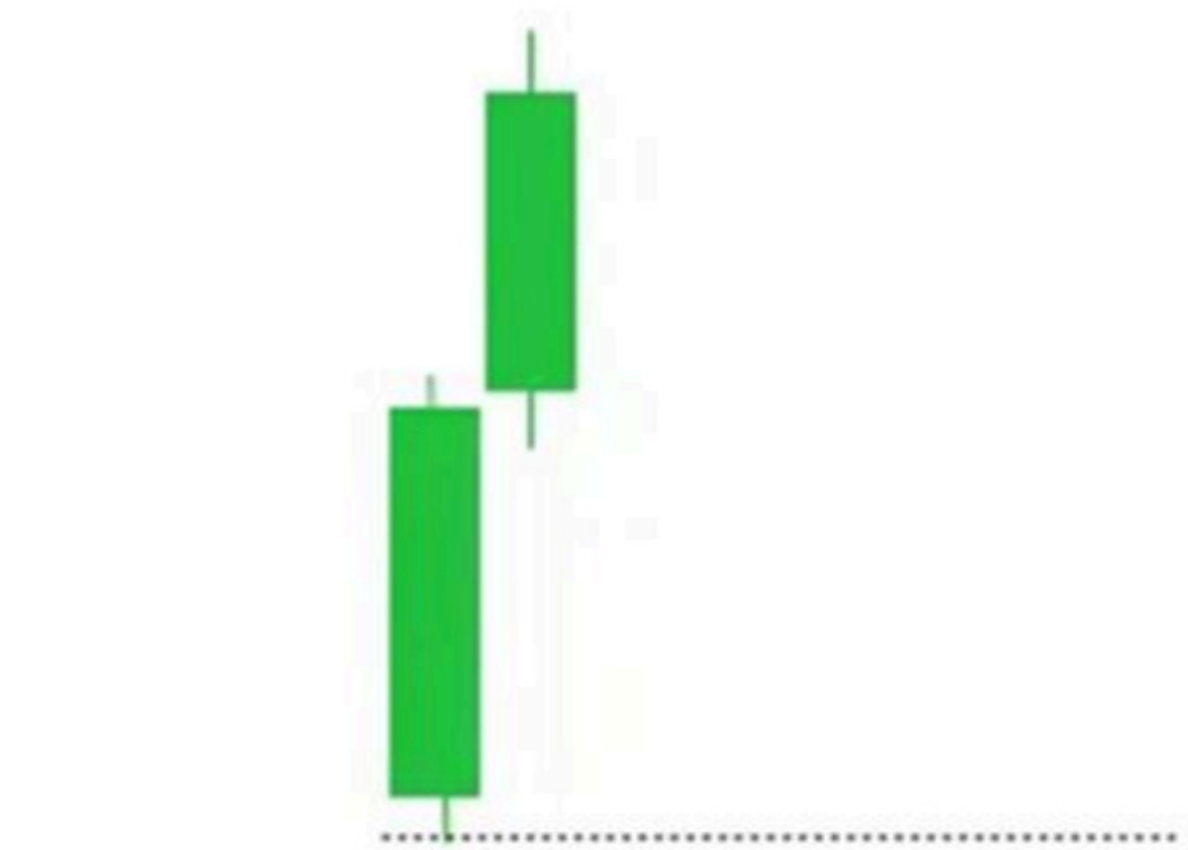
(I) Bullish Vacuum Block

Bullish vacuum block is created when price opens above the current market price leaving a gap behind which may be due to a high volatility event or a geo political event.

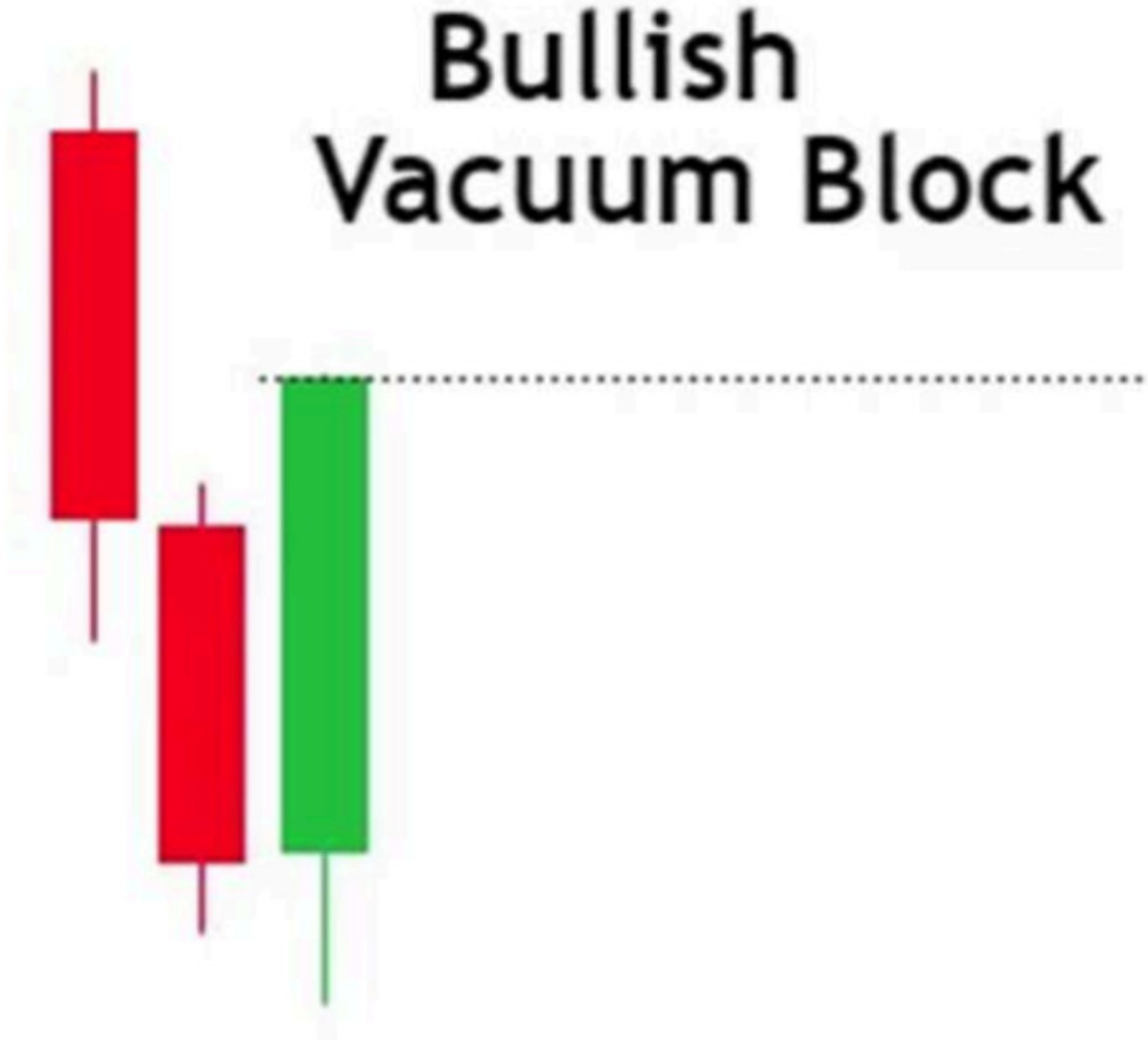
As economic or geo political events affect the price of assets so price can increase heavily because of these events.

This bullish vacuum block indicates that prices are in strong up trend and a vacuum of liquidity is created because of the volatile event. So price tends to fill the vacuum of liquidity and it can reprice the gap.

Example on Next Page.....

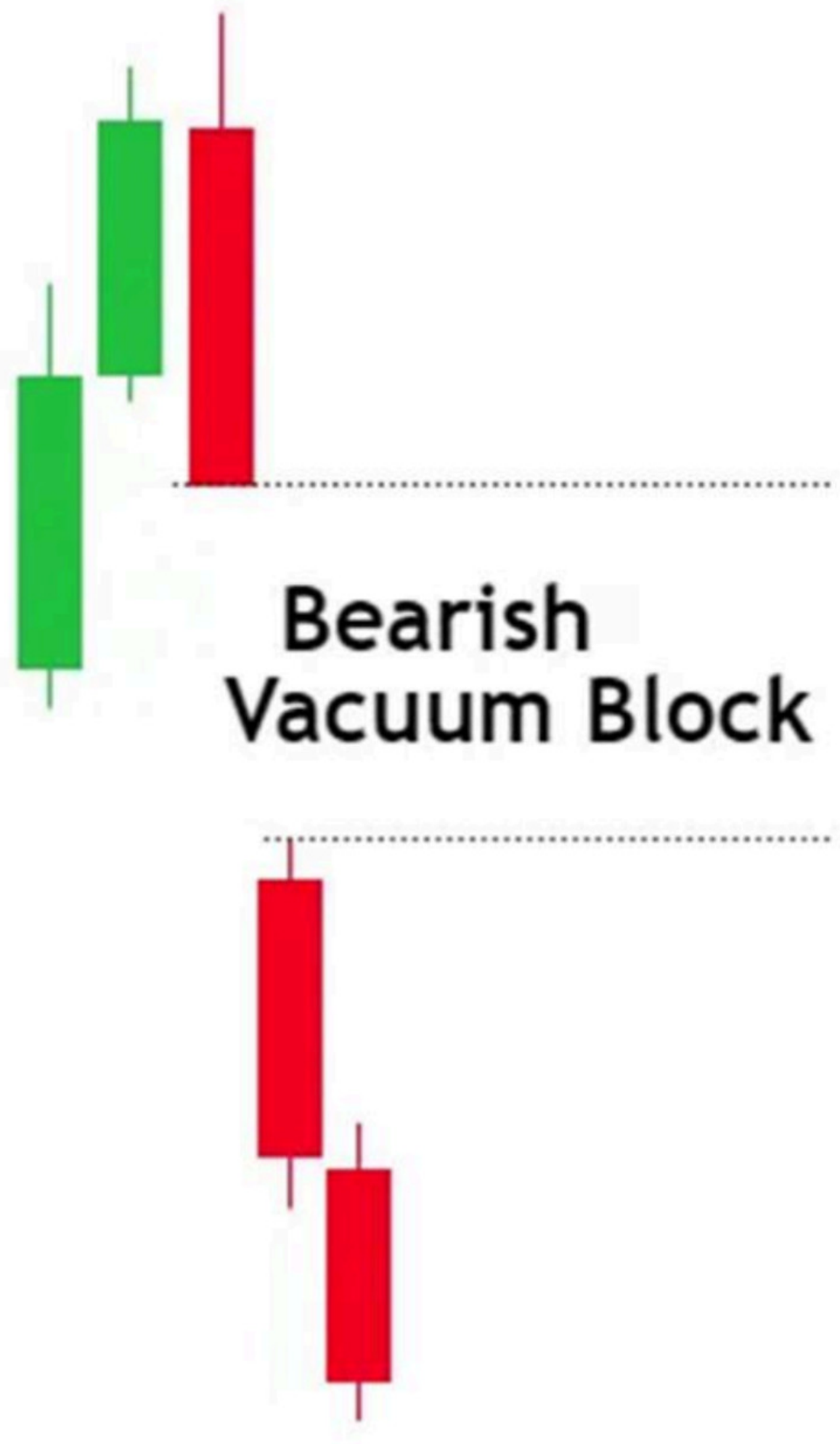


Bullish Vacuum Block



(II) Bearish Vacuum Block

This bearish vacuum block indicates that prices are in strong up trend and a vacuum of liquidity is created **because of the volatile event.** So price tends to **fill the vacuum of liquidity and it can reprice the gap.**



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Vacuum block is a gap created in price action because of a high volatility event like FOMC, NFP or a geopolitical event like war.

Mitigation Block

PD--Array

Mitigation block in ICT is a reversal pattern indicated by a failure of price to mark the higher high or lower low. It is basically a price move which failed to continue the current market trend and failed to break previous market structure.

After the shift in market structure you can mark the failed price move as a mitigation block which will act as a level of support or resistance for the price.

Mitigation concept basically means selling the price retracements in the form of short term rallies in bearish trend.

(I) Bearish Mitigation Block

Bearish ICT mitigation block forms at the end of a bullish trend when price reaches a strong bearish institutional reference point like bearish order block or breaker block or a higher time frame buy side liquidity is taken.

When price reaches bearish institutional reference point or takes higher time frame buy side liquidity, then instead of making a new higher high it makes a lower high.

After making a lower high price declines and breaks the previous higher low resulting in market structure shift to the down side.

So this state of price delivery is called **“failure of price to swing higher”**

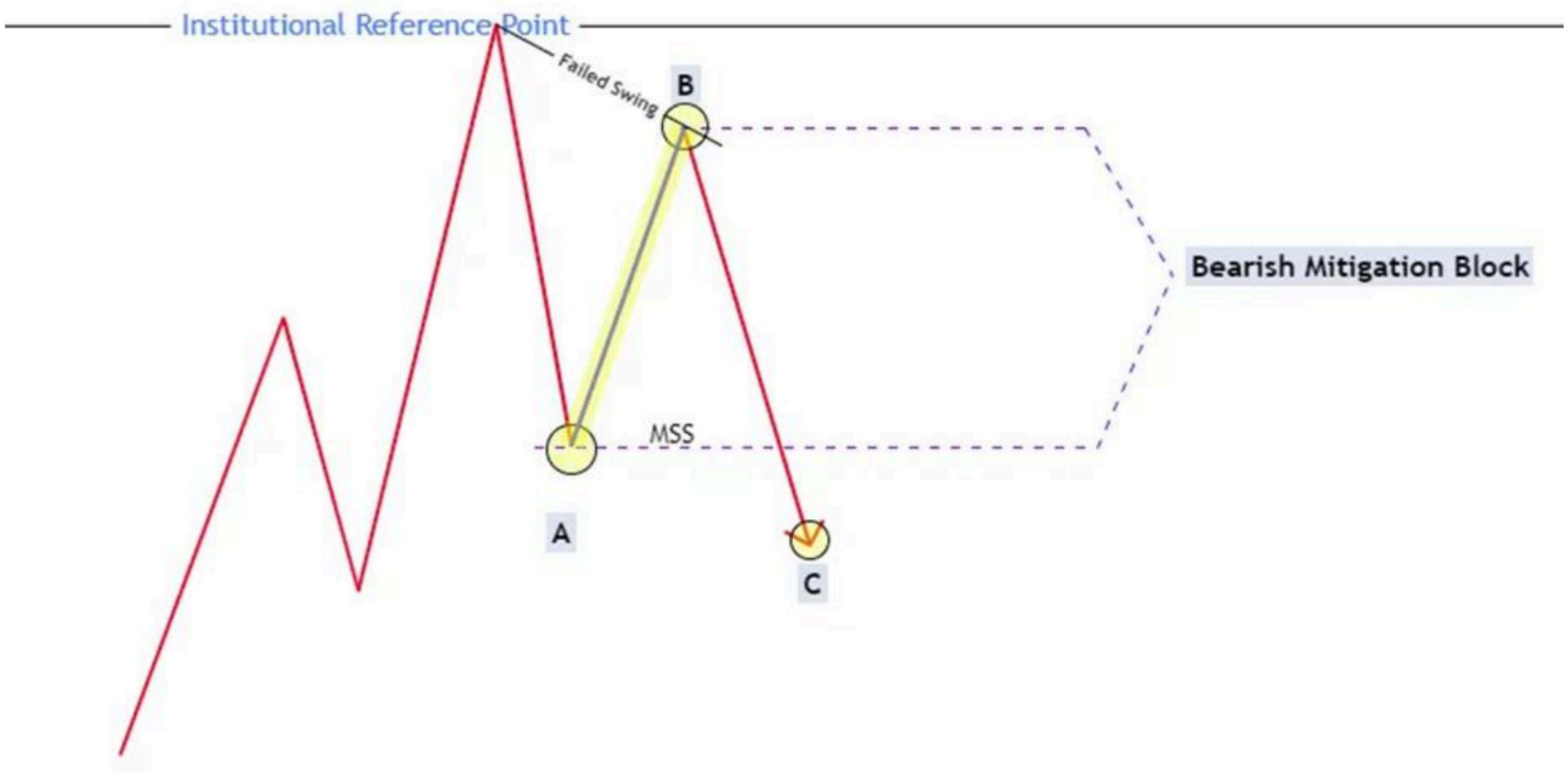
Here’s the sequence of events for a bearish mitigation block:

– Price makes a higher high (HH), followed by a pullback to form a higher low (HL).

– This higher low (HL) fails to produce a new higher high, indicating a possible shift in market structure.

_ Price then breaks below this higher low (HL), confirming a break of structure (BOS) and creating a lower high (LH).

– The whole bullish price leg which failed to continue market trend and mark the higher high, is the bearish mitigation block but the last down close candlestick before the rally is considered the most reactive and often marked as the mitigation block.



Now the area from the swing low broken (indicated by point A in the picture) to the lower swing high formed (indicated by point B in the picture) is termed as **“Bearish Mitigation Block”.**

(II) Bullish Mitigation Block

Bullish ICT mitigation block forms at the end of a bearish trend when price reaches a strong bullish institutional reference point like bullish order block or breaker block or a higher time frame sell side liquidity is taken.

When price reaches bullish institutional reference point or takes higher time frame sell side liquidity then instead of making a new lower low it posts a higher low.

After making a higher low price rises and breaks the previous lower high resulting in market structure shift to the up side.

So this state of price delivery is called **“failure of price to swing lower”**

Here’s how to recognize a bullish mitigation block:

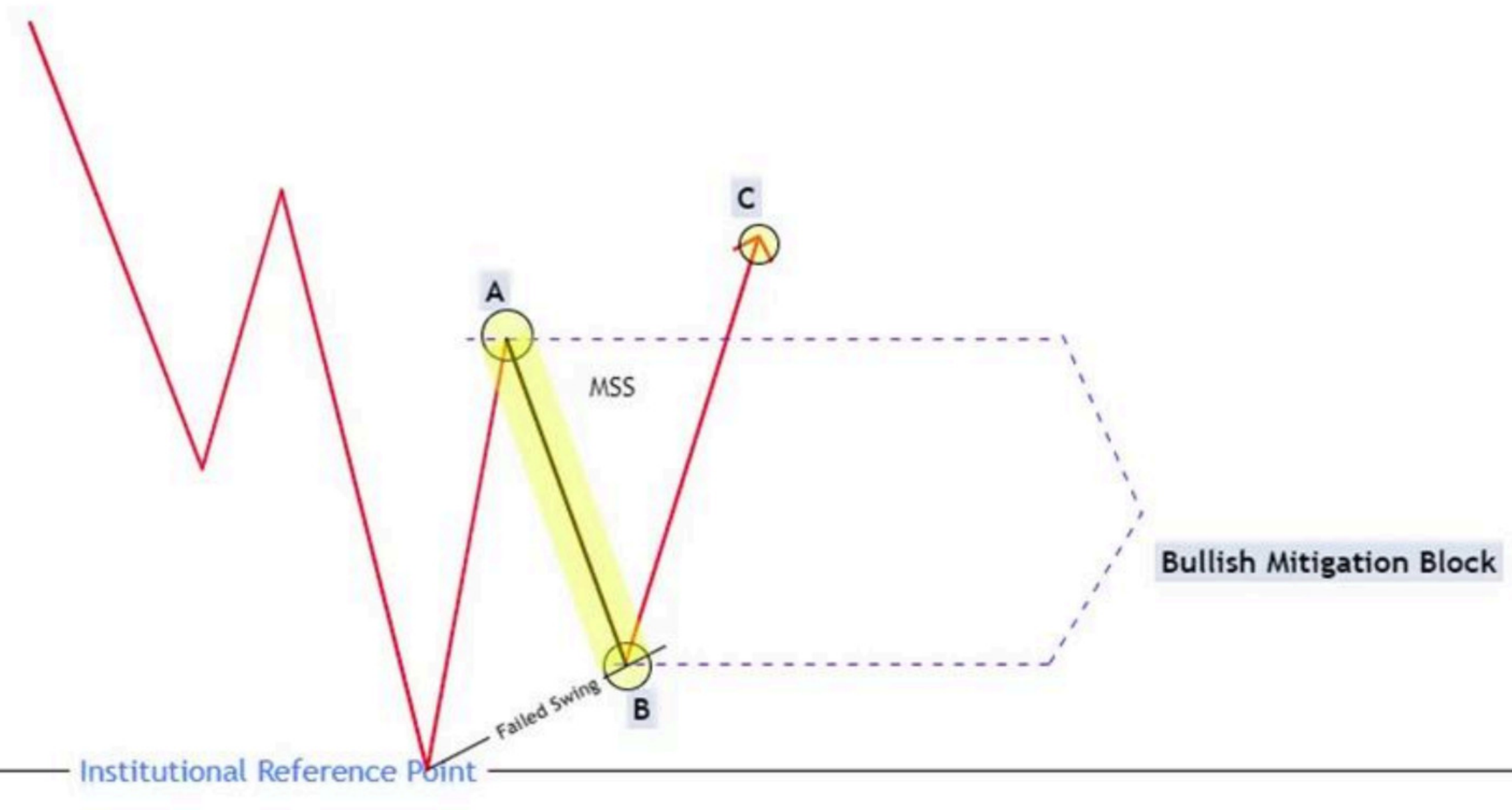
– Price forms a lower low (LL), then retraces upward to create a lower high (LH).

– The lower high (LH) fails to drive price lower, suggesting a change in momentum.

– Price breaks above the lower high (LH), signaling a shift in market structure and forming a higher low (HL).

– The whole bearish price leg is marked as the bullish mitigation block.

– But the last bullish (up-close) candle at the lower high (LH) becomes the mitigation block, representing a key demand level where price might return before continuing the uptrend.



Now the area from the swing high broken (indicated by point A in the picture) to the higher swing low formed (indicated by point B in the picture) is termed as **“Bullish Mitigation Block”.**

“

mitigation block is basically a price move which failed to continue the current market trend and failed to break previous market structure.

You are done with PD-Array. Now move to next Learning Block.

3. Institutional Liquidity Zones

Institutional Liquidity Zones

Liquidity zones are basically areas on price chart where most of the stop orders are resting and the smart money mostly try to sweep this liquidity.

Identifying these liquidity zones can help you capitalize the potential price move toward liquidity.

List of these ICT liquidity zones is given below:

1 : Buy & Sell Side Liquidity
2 : High & Low Resistance Liquidity
3 : Internal and External Range Liquidity
4 : Liquidity Sweep and Liquidity Run
5 : ICT Liquidity Pool
6 : ICT Liquidity Void

Now Let’s Go for Each Concept of Institutional Liquidity Zones Explained in Individual Chapters.

Buy & Sell Side Liquidities

Liquidity Zones

The word Liquidity itself means convertible to cash. Liquidity of an asset is marked high if it can easily be sold and converted to cash while in trading liquidity means availability of willing buyers and sellers at market price.

Buy Side Liquidity according to ICT is the volume of pending buy orders (Buy Stops).

When traders execute a sell order mostly they want to protect it with a buy order in case price moves against them. So they use buy stop to protect their capital and hedge against loss.

Any one selling at a price level will have a buy stop placed above that price. So buy stops rest above highs and that is why the old highs like week's high, day's high or equal highs are termed as buy side liquidity.

And the market makers try to grab these highs to convert the pending orders into market orders and then move the price against them. In this way they make profit from retail traders and this is termed as Liquidity Hunt.

Sell side liquidity as defined by the Michael, refers to the **accumulation of pending sell orders, particularly sell stop orders.**

When traders initiate buy orders, they often seek to safeguard their positions by placing corresponding sell orders to mitigate potential losses.

Sell stop orders serve as a protective mechanism, activated if the price declines beyond a certain threshold.

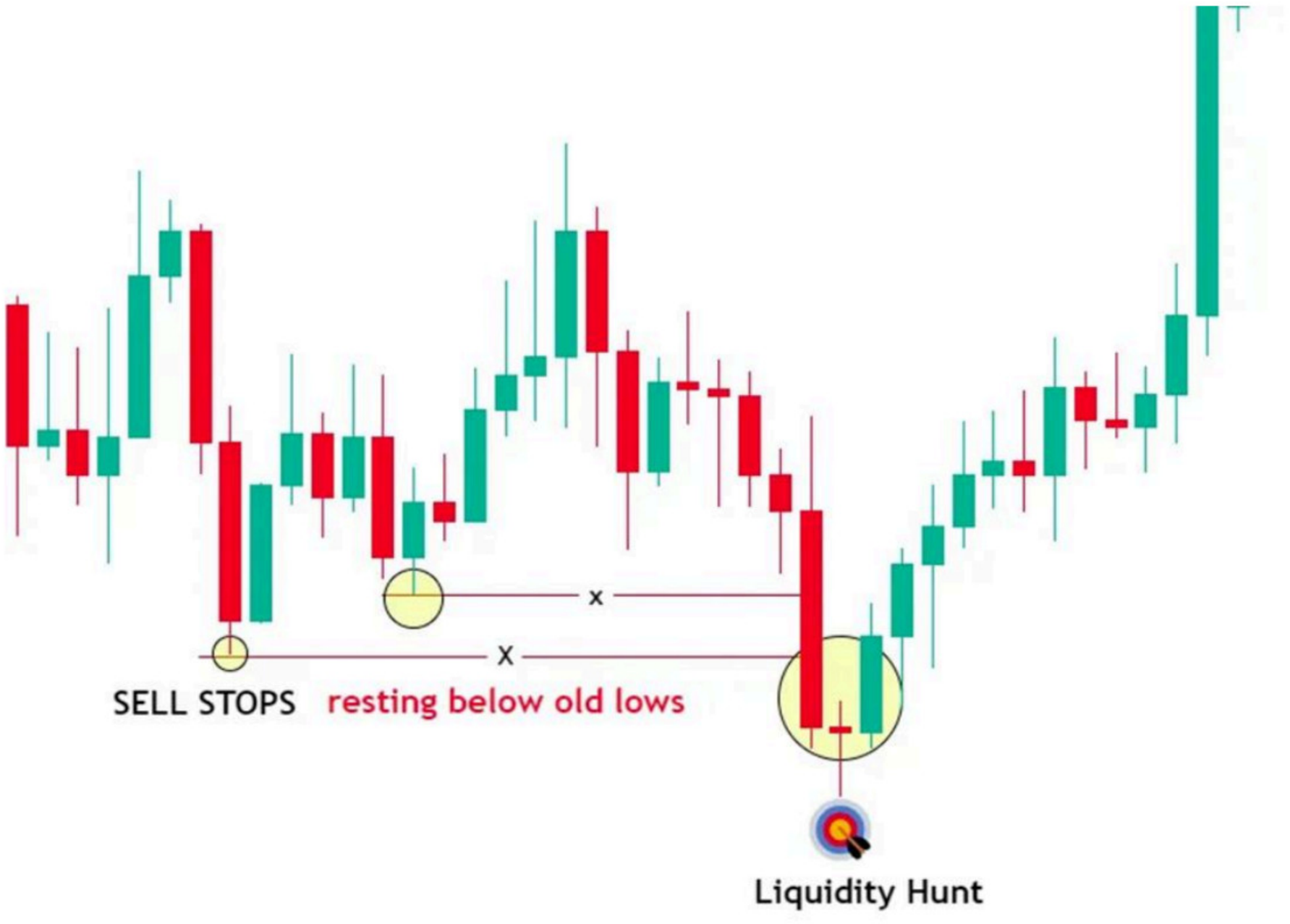
Typically, traders position sell stop orders below significant price levels, such as historical lows, including weekly lows, daily lows, or equivalent benchmarks.

These levels are deemed to contain sell side liquidity due to the concentration of pending sell orders.

Market makers attempt to exploit this liquidity by targeting these established lows to trigger the activation of sell stop orders, effectively converting them into market orders.

Subsequently, they capitalize on this influx of market orders to manipulate the market in the opposite direction, thereby profiting from the actions of retail traders.

In essence, the concept of sell side liquidity underscores the strategic interplay between traders and market makers, with sell stop orders serving as pivotal instruments in this dynamic process.



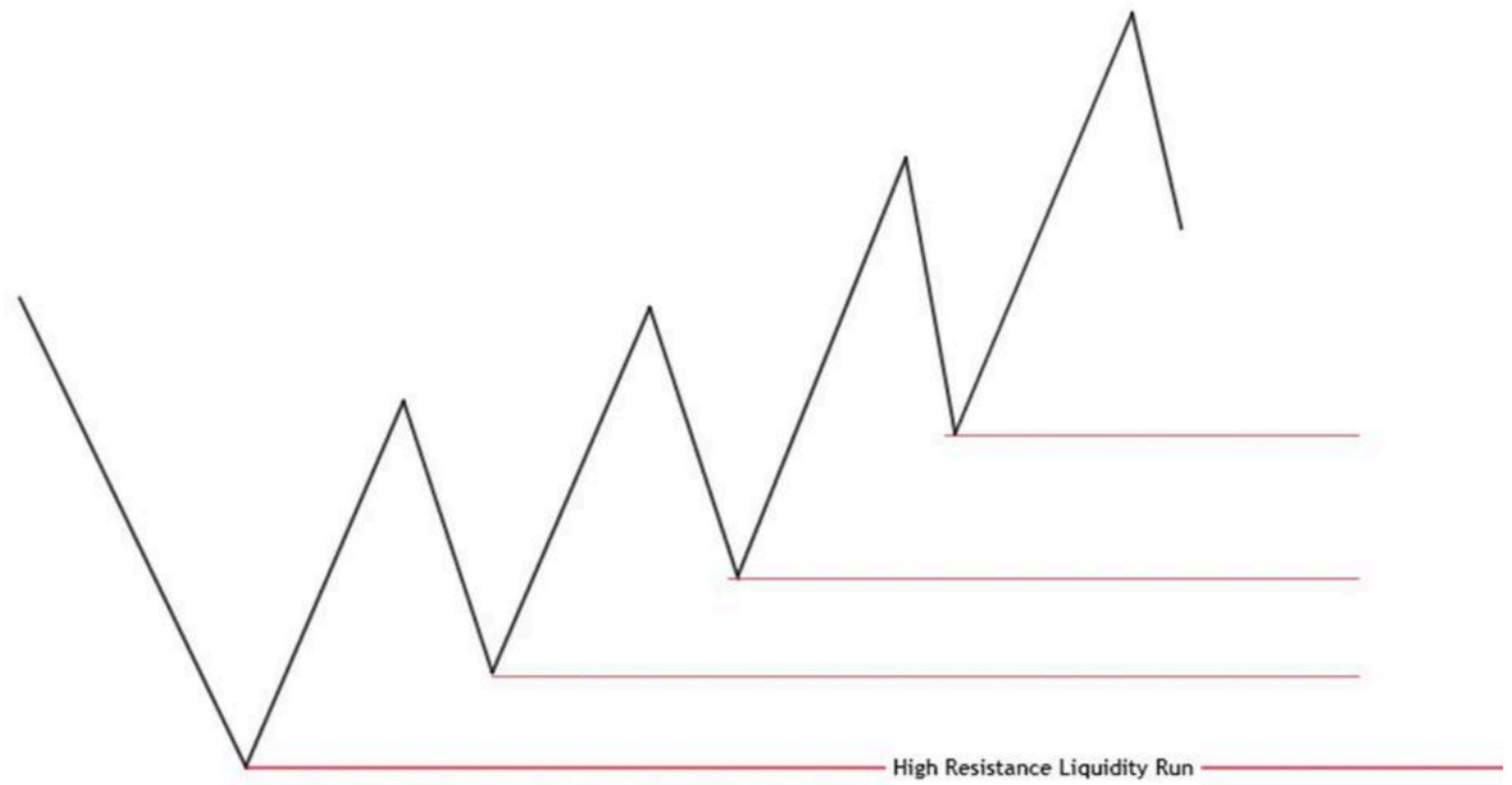
High & Low resistance Liquidities

****Liquidity Zones****

An old high having so many swing highs defending it and the old low having so many swing lows defending it is termed as high resistance liquidity.

A high resistance liquidity run (HRLR) occurs when the price struggles to sweep out liquidity and takes a long time to reach an old swing high or swing low.

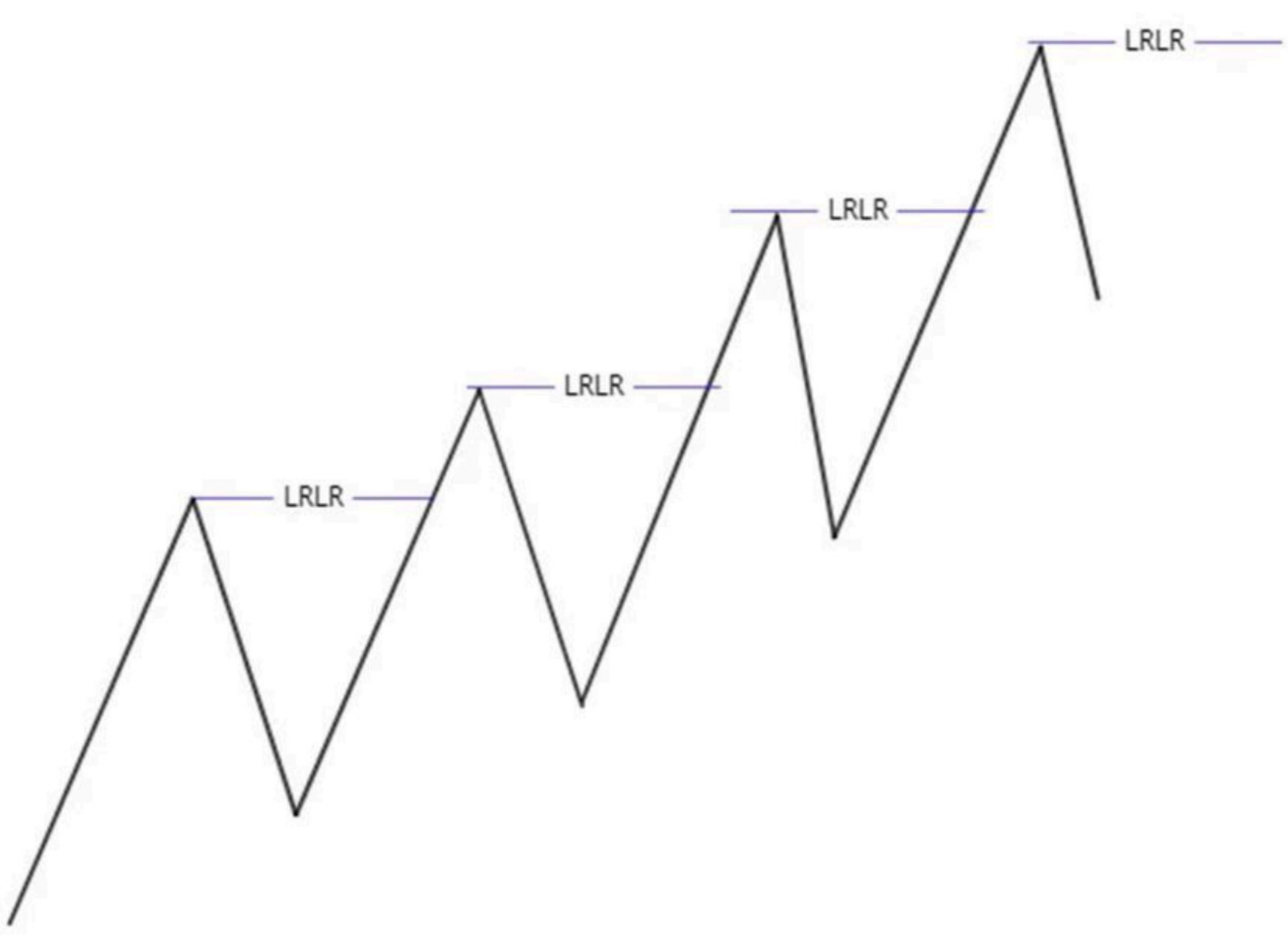
This situation arises when a liquidity level is defended by multiple resistance levels like the short term highs and lows.



The short term swing highs and lows forming between an old high and low are termed as low resistance liquidity because these highs and lows are easy to sweep out.

In contrast to a High Resistance Liquidity Run, a Low Resistance Liquidity Run occurs when there is aggressive acceleration in price movement, leaving behind liquidity voids or fair value gaps (FVG).

In this scenario, the price moves quickly and easily through areas of liquidity due to the presence of fewer resistance points.



Internal & External Range Liquidities

Liquidity Zones

To understand the internal and external range liquidity you have to know about the ICT dealing range.

ICT Dealing Range

Internal and external range liquidities are identified inside and outside of a price range which is called dealing range.

ICT dealing range is basically the area between an established Swing High (which has taken the liquidity of an old high) and an established Swing Low (which has taken the liquidity of an old low).

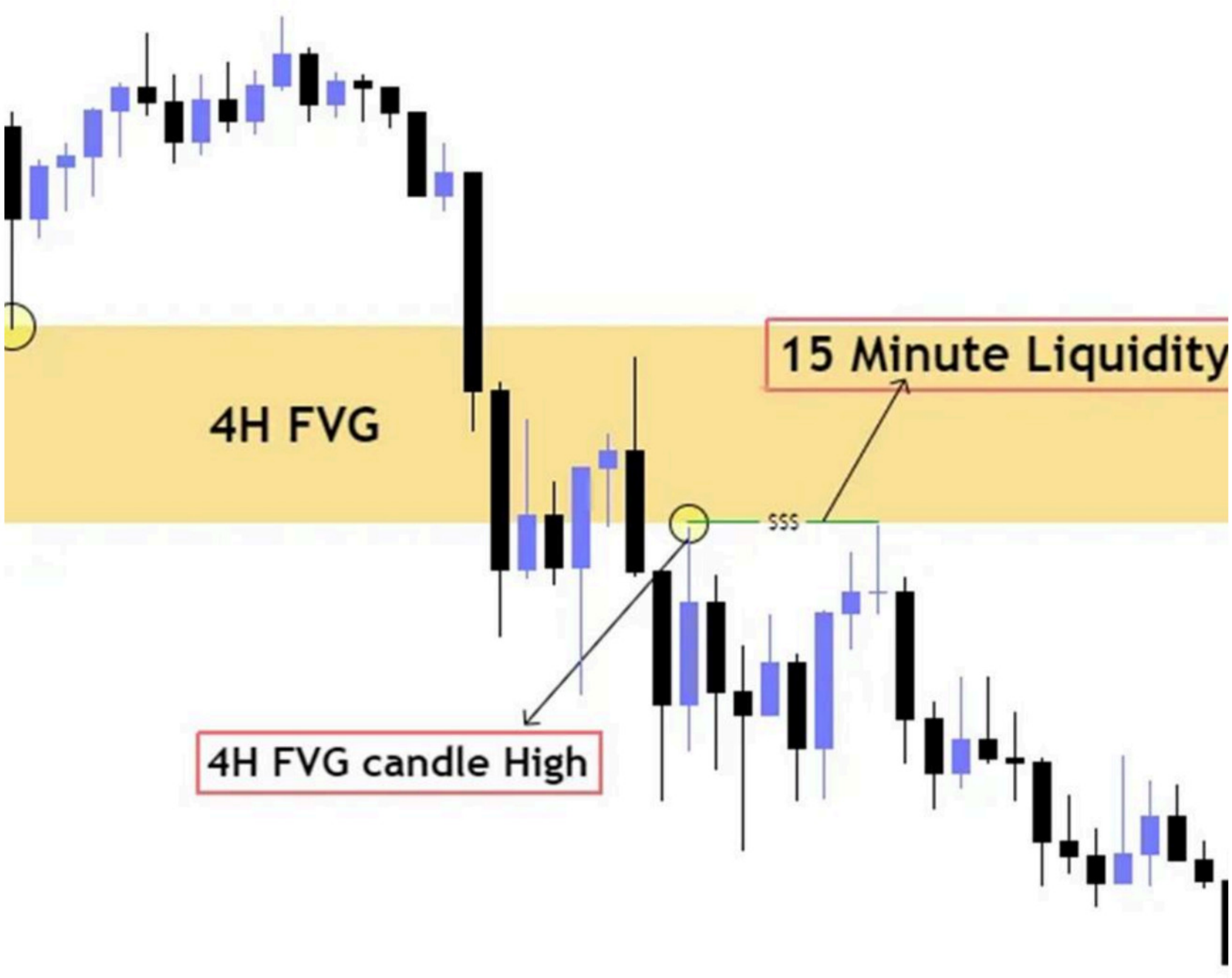
Anything in between an ICT dealing range is termed as internal range. But the only the Fair Value Gap is marked as the ICT internal range liquidity.

Now you may question “why only the fair value gap is marked as internal range liquidity” not the highs, low, or order blocks?

CT Fair Value Gap is marked as the liquidity because it is a formation of three candles leaving an area between high and low of 1st and 3rd candle where price do not overlap.

So the high and low of the candle forming the fair value gap is basically an established low and a liquidity level in lower time frame.

When price moves to balance the fair value gap it basically sweeps the liquidity in lower time frame that is why fair value gap is termed as ICT internal range liquidity.



The swing high and swing low of an ICT dealing range are termed as external range.

The high of an ICT dealing range is termed as **“buy side liquidity”** assuming the buy stops rest above the high of dealing range.

While the low of an ICT dealing range is known as **“sell side liquidity”** assuming the sell stops resting below the low of dealing range.

External Liquidity
Internal Liquidity
External Liquidity

Liquidity Pool

****Liquidity Zones****

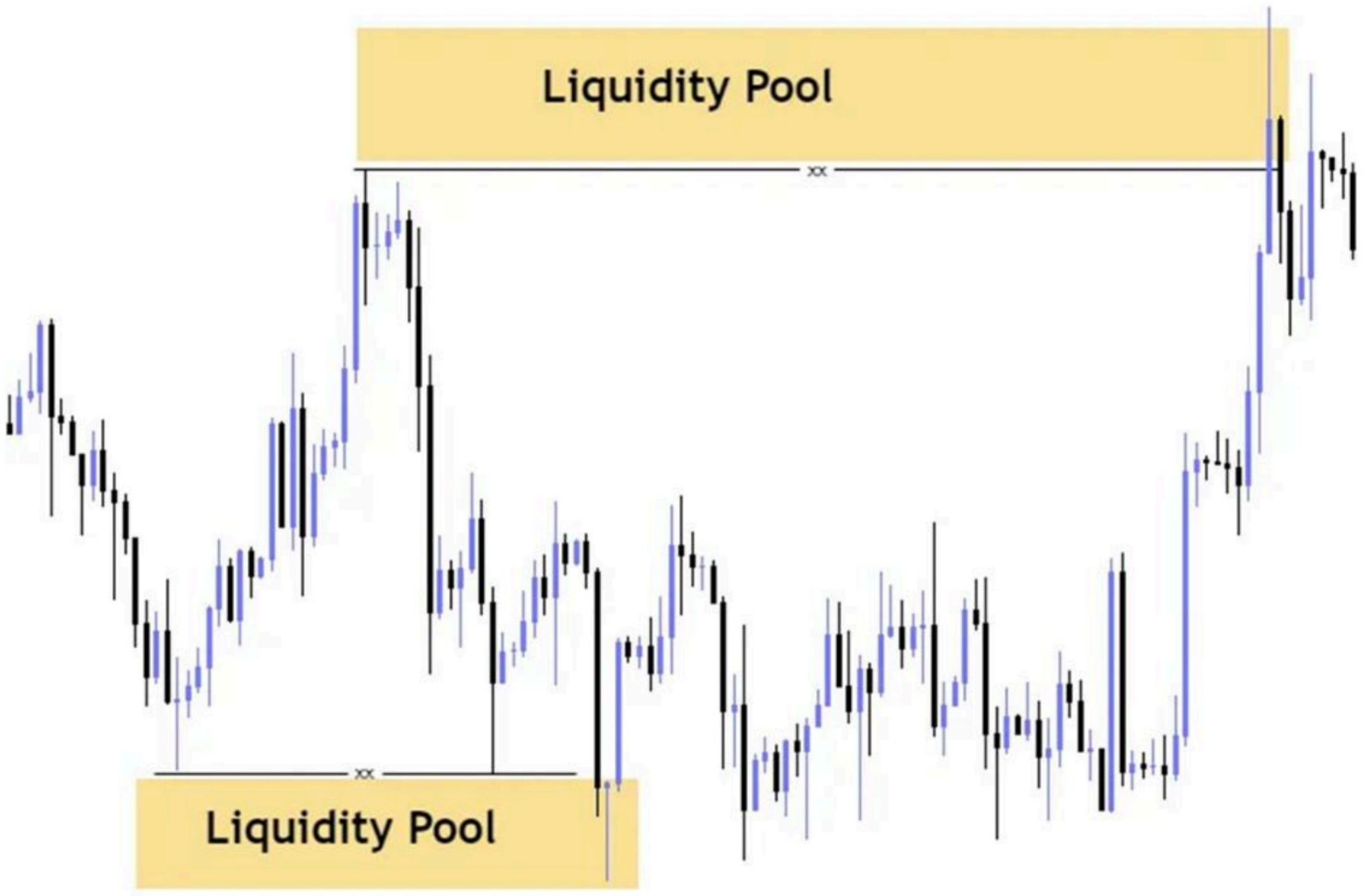
Mostly the retail traders buy or sell at market price while the smart money buys below market price and sells above the market price. You have to look where the most retail traders be willing to buy or sell.

Mostly they will be buying above an old high after breakout and selling below the old low as a breakout trade.

Or if they already bought they will put their sell stop below old low to mitigate their loss and if they already sold they will put their buy stop above an old high.

So the old highs have a pool of liquidity resting above them in the form of buy stops and the wiling buyers to buy after breakout.

And old lows have a pool of liquidity resting below them in the form of sell stops or willing sellers at market price after breakout of low.



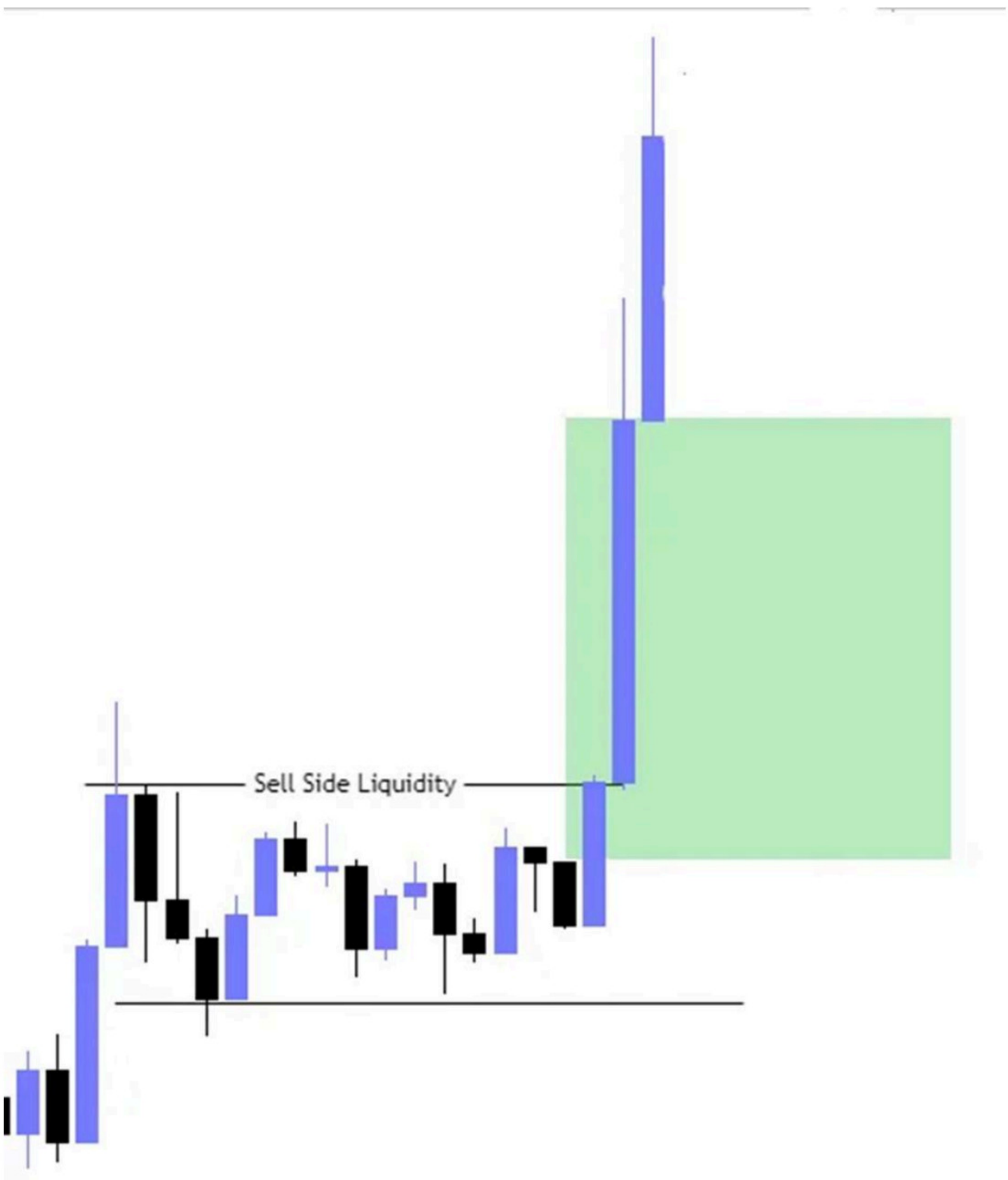
Liquidity Void

Liquidity Zones

The word Liquidity means willing buyers/sellers in the market.

While the word Void means absence of something. So ICT liquidity void means absence of buyers or sellers in the market as the case may be.

When price breaks a consolidation phase and moves in one direction strongly without a retracement or wick inside prior candlestick range, then the imbalance created by the candlesticks is known as ICT Liquidity void.



Liquidity Sweep and Liquidity Run

Liquidity Zones

An ICT liquidity sweep refers to a price movement designed to capture liquidity before reversing direction.

For instance, the price may aim for **equal highs, targeting buy-side liquidity, and momentarily surpass these highs** but fail to close above them, subsequently reversing.

Alternatively, if the price closes above the highs, it quickly reverses with strong selling momentum.

Liquidity run occurs when the price moves in the direction of the prevailing trend, targeting liquidity and continuing its movement.

For example, in a bullish market, **the price may aim for a previous high, capture the liquidity there, and then continue rising to reach a new high.** Conversely, in a bearish market, the price may target a previous low, capture the liquidity, and then continue falling to reach a new low.

“

Liquidity zones are basically areas on price chart where most of the stop orders are resting and the smart money mostly try to sweep this liquidity.

You are done with Liquidity Zones. Now move to next Learning Block.

4. Market Profiles

Market Profiles

Market profile trading examines financial markets by offering a unique perspective on market behavior. It focuses on the relationship between price and time.

It provides traders with insights into the market's:

· Structure
· Price distribution
· Trading activity happening over a specific period

List of ICT market profiles is given below:

1 : Master ICT Weekly Profiles.

2 : ICT Intraday Profiles.

3 : ICT Daily Bias.

4 : ICT Advance Market Structure.

5 : ICT Market Maker Buy & Sell Mode.

6 : ICT Judas Swing.

7 : IRL to ERL Price Move.

8 : HRLR to LRLR.

Now Let's Go for Each Concept of Market Profile Explained in Individual Chapters.

Weekly Profiles

Market Profiles

ICT weekly profiles are conceptual frameworks that describe typical patterns of price behavior during a trading week.

Each ICT weekly profile has unique characteristics that can hint the traders in anticipating potential market movements.

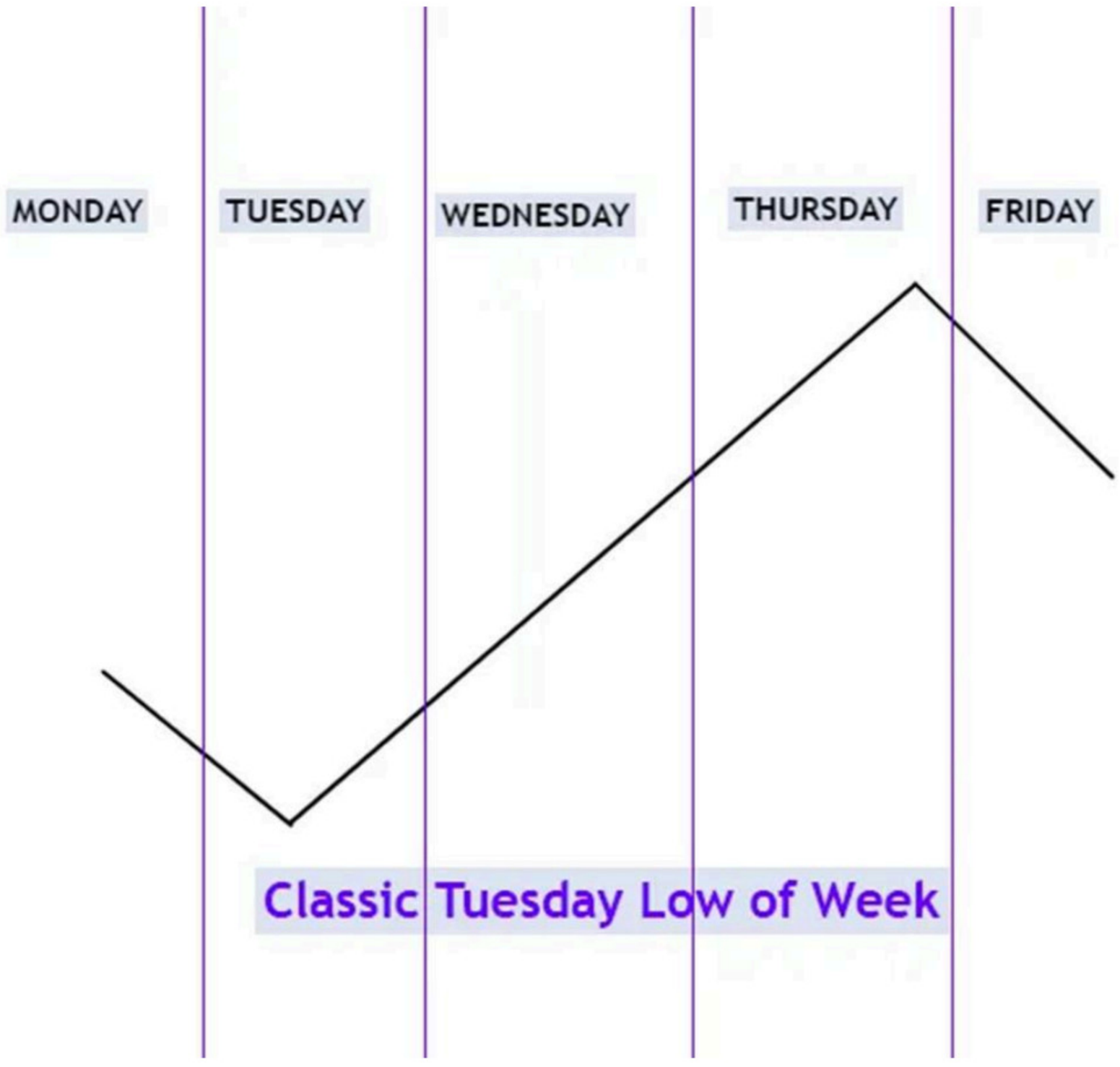
However, it is important to note that these profiles are not fix predictions but rather frameworks to understand market tendencies. Each ICT weekly profile is explained below with examples:

(I) Classic Tuesday Low of the Week

Bullish Profile :

When price is bullish it may manipulate on Monday and hover above a higher a higher time frame discount array.

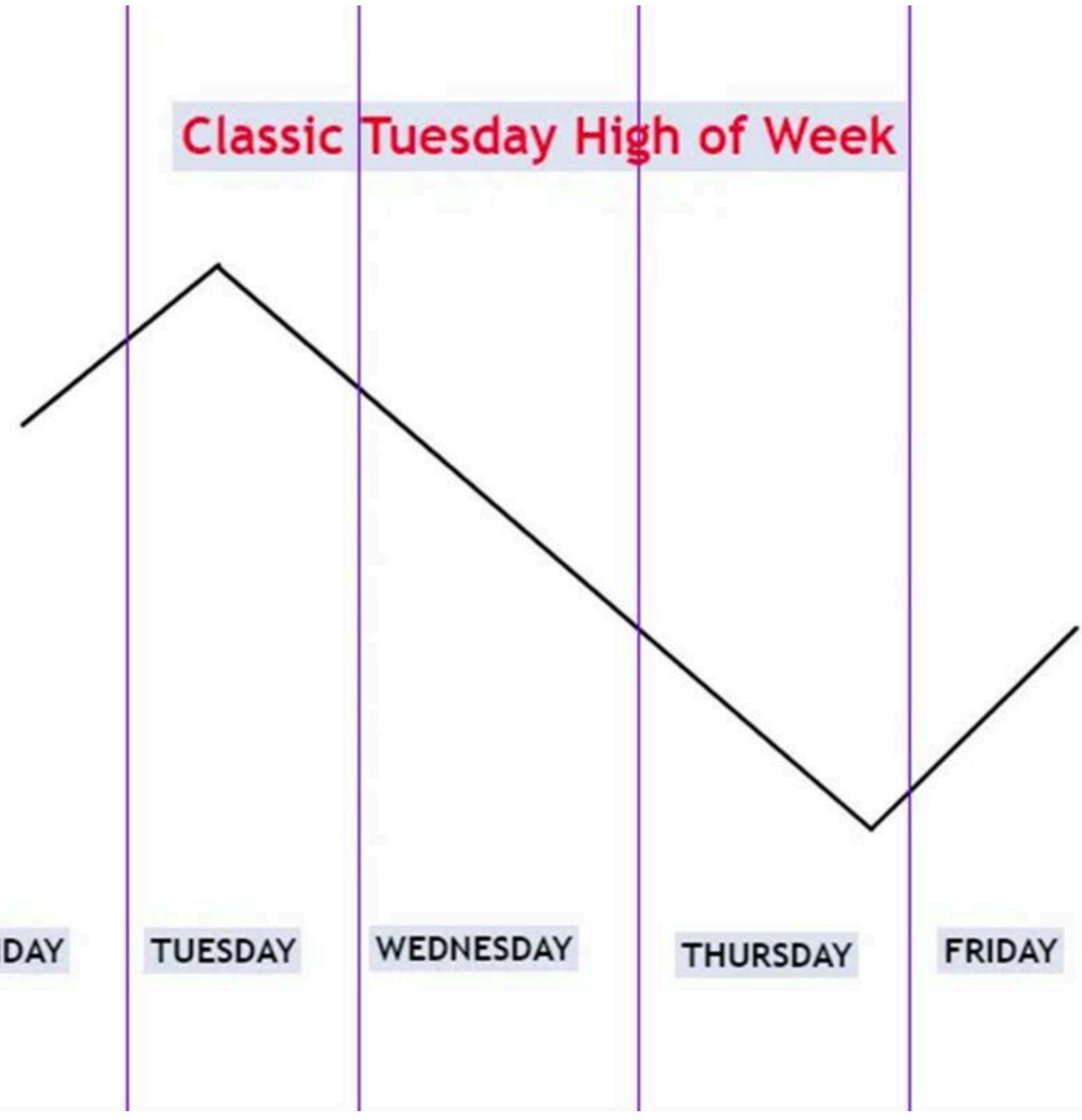
Then on Tuesday it drops into higher time frame discount array to form low of the week.



To anticipate all this phenomenon you should know the higher time frame discount array. When the market fails to drop into the discount array on Monday then its most likely that Tuesday will see the drive lower to mark weekly low in London or New York session.

(II) Classic Tuesday High of the Week

When price is bearish it may manipulate on Monday and hover below a higher time frame premium array. Then on Tuesday it rises into higher time frame premium array to form high of the week.

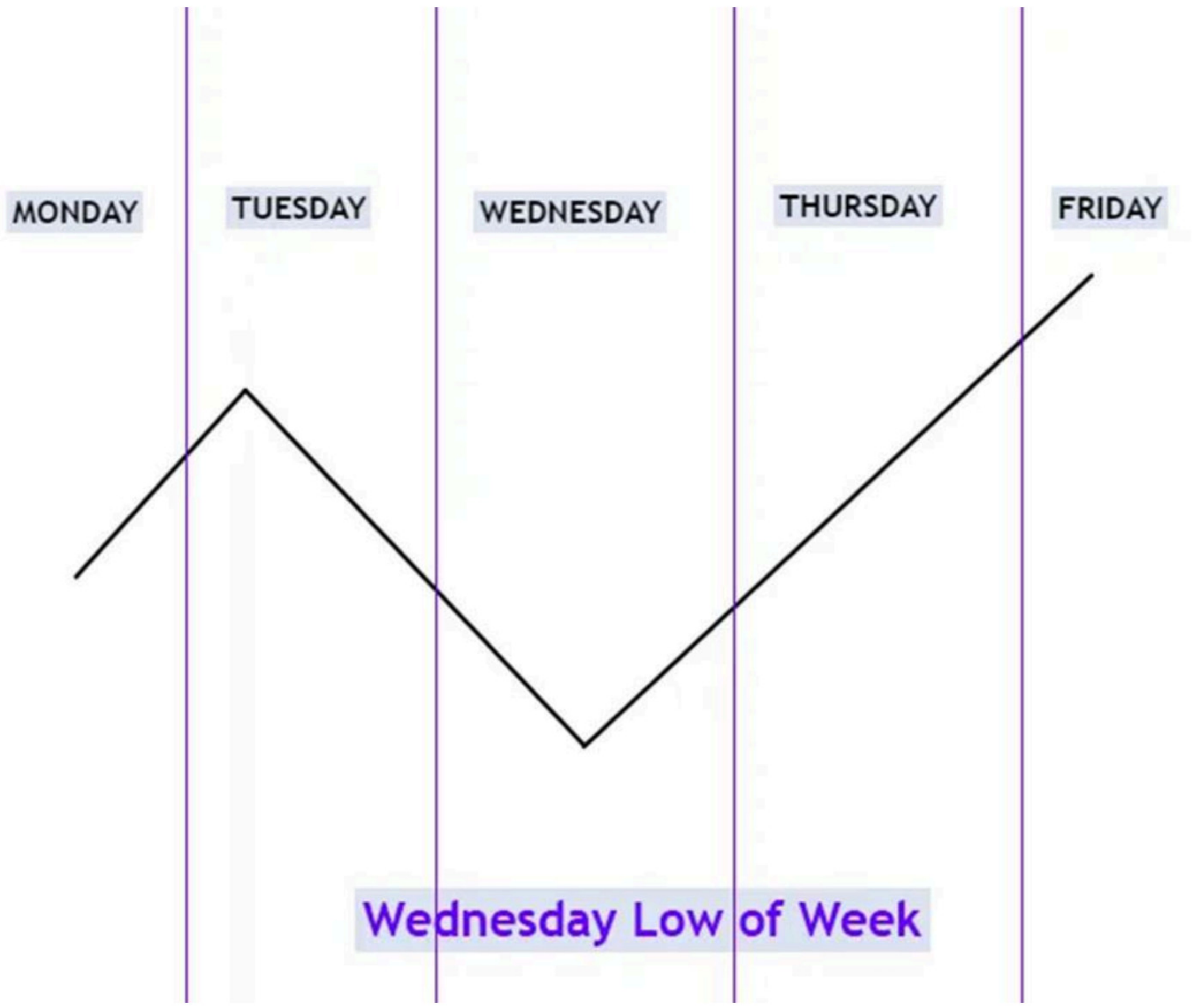


To anticipate all this phenomenon you should know the higher time frame Premium array.

When the market fails to rise into the premium array on Monday then its most likely that Tuesday will se the drive higher to mark weekly high in London or New York session.

(III) Wednesday Low of the Week

Bullish Profile : When price is bullish it may manipulate on **Monday** and **Tuesday** and hover above a higher a higher time frame discount array. Then on **Wednesday** it drops into higher time frame discount array to form low of the week.



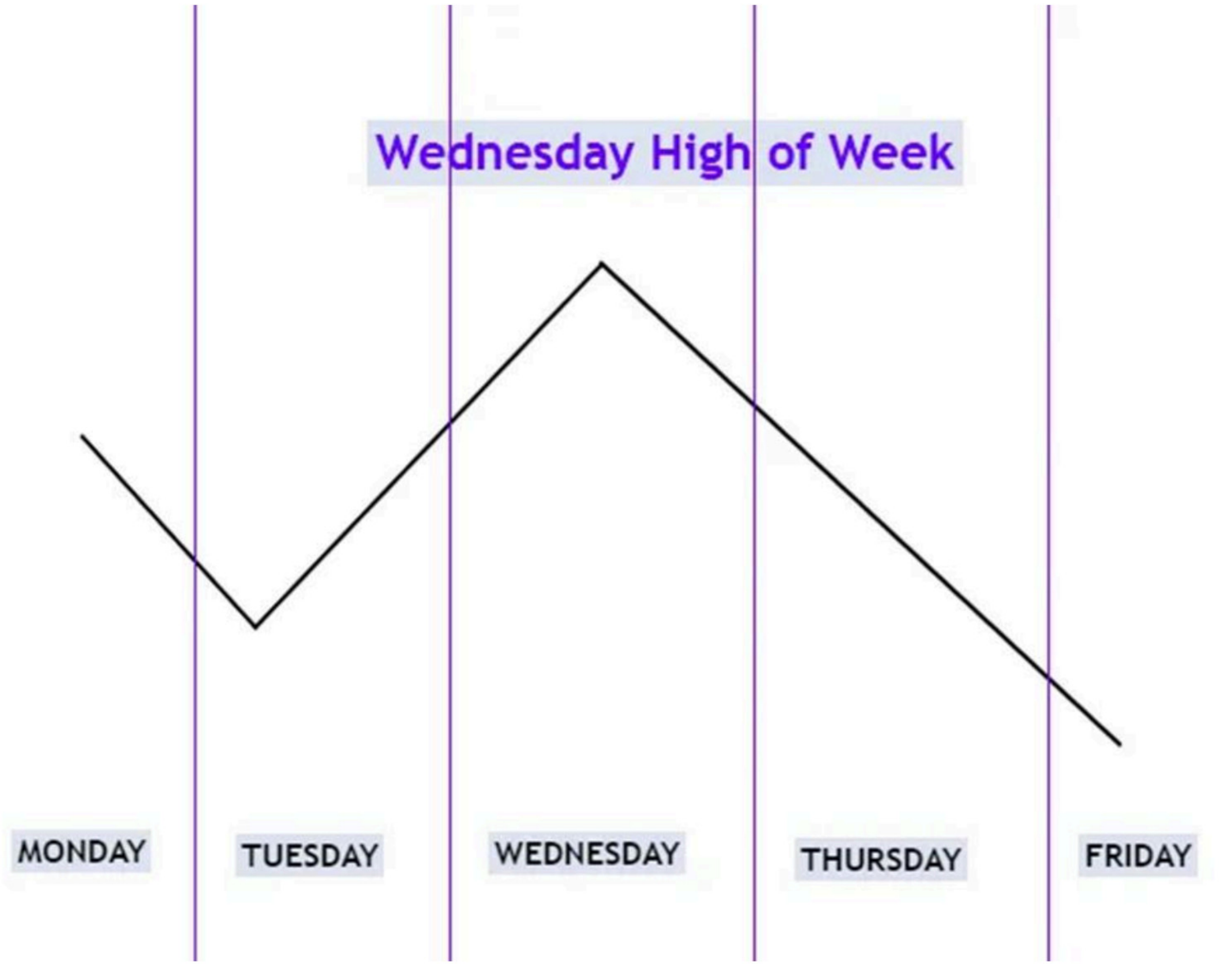
To anticipate all this phenomenon you should know the higher time frame Discount Array.

When the market fails to drop into the discount array on Monday and Tuesday then its most likely that Wednesday will se the drive lower to mark weekly low in London or New York session.

(IV) Wednesday High of the Week

Bearish Profile : When price is bearish it may manipulate on monday and tuesday and hover below a higher a higher time frame premium array.

Then on wednesday it rises into higher time frame premium array to form high of the week.

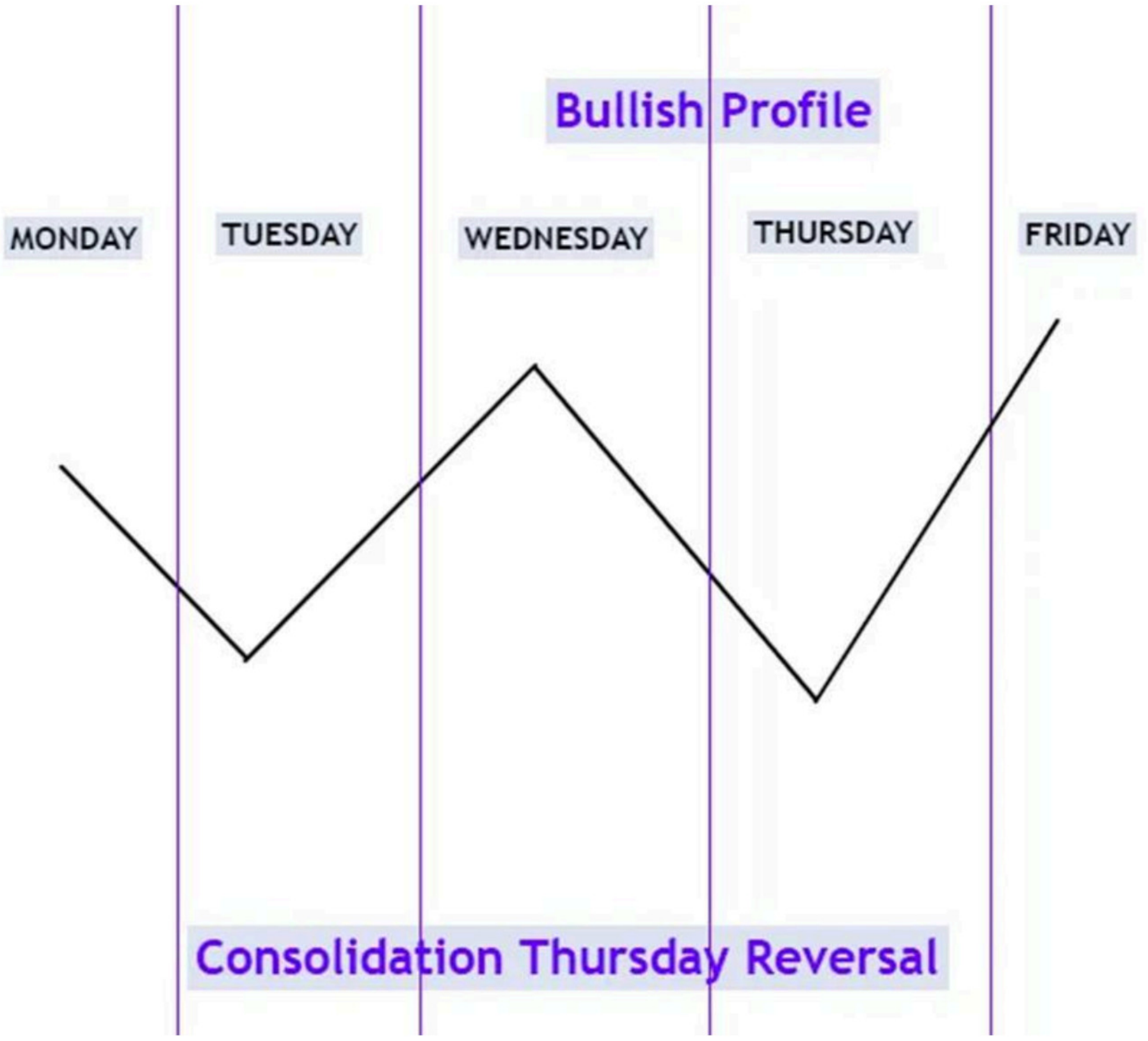


To anticipate all this phenomenon, you should know the higher time frame premium array.

When the market fails to rise into the premium array on monday and tuesday then its most likely that wednesday will se the drive higher to mark weekly high in London or New York session.

(V) Consolidation Thursday Bullish Reversal

When price is bullish it may consolidate on monday through wednesday then runs the intra-week low and rejects it forming a market reversal.

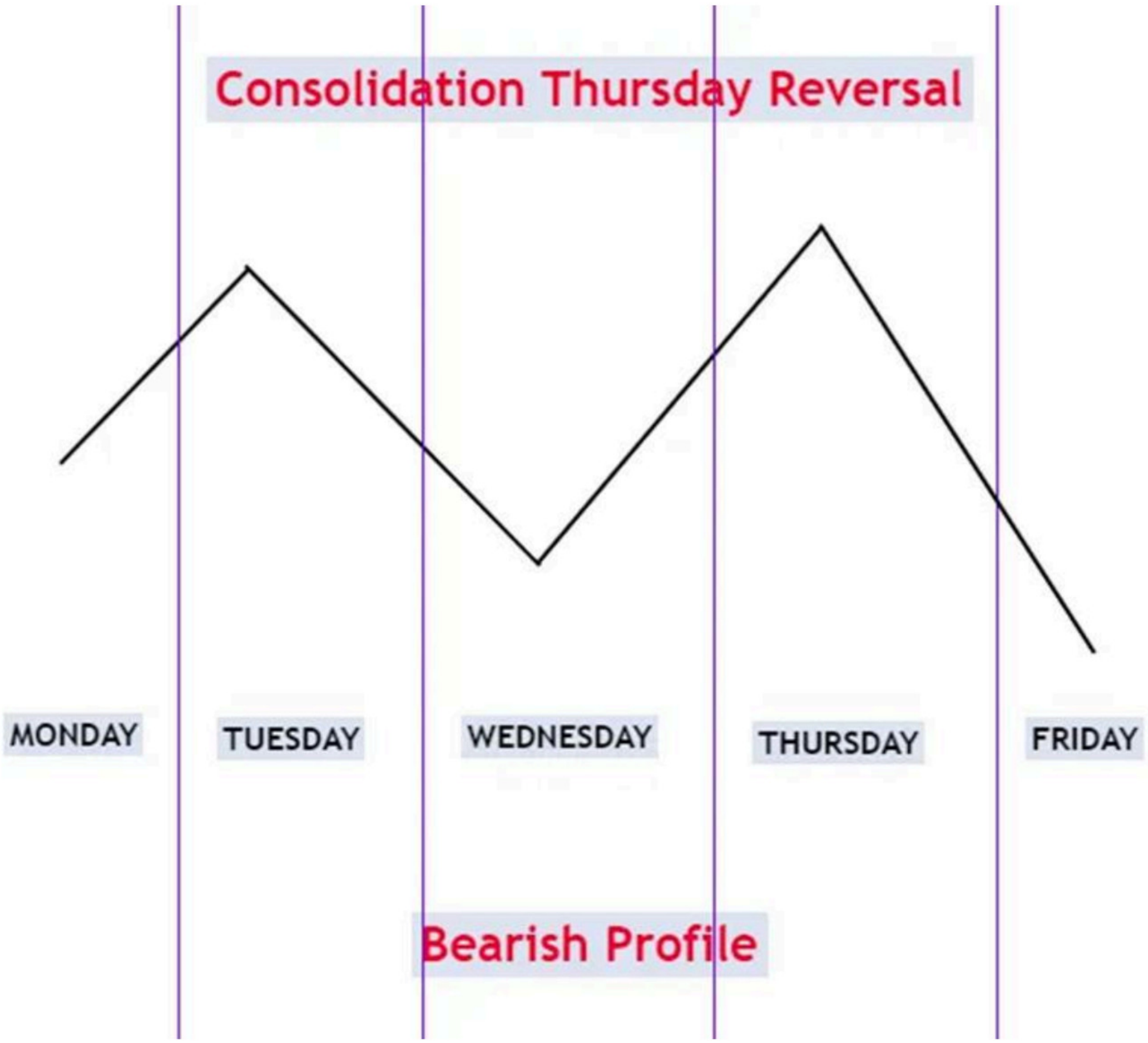


To anticipate this you must know the higher time frame discount array.

And when price fails to drop into higher time frame discount array then its likely that thursday will see drive lower on market driver news or interest rate release late New York session around 02:00 PM (New York local time).

(VI) Consolidation Thursday Bearish Reversal

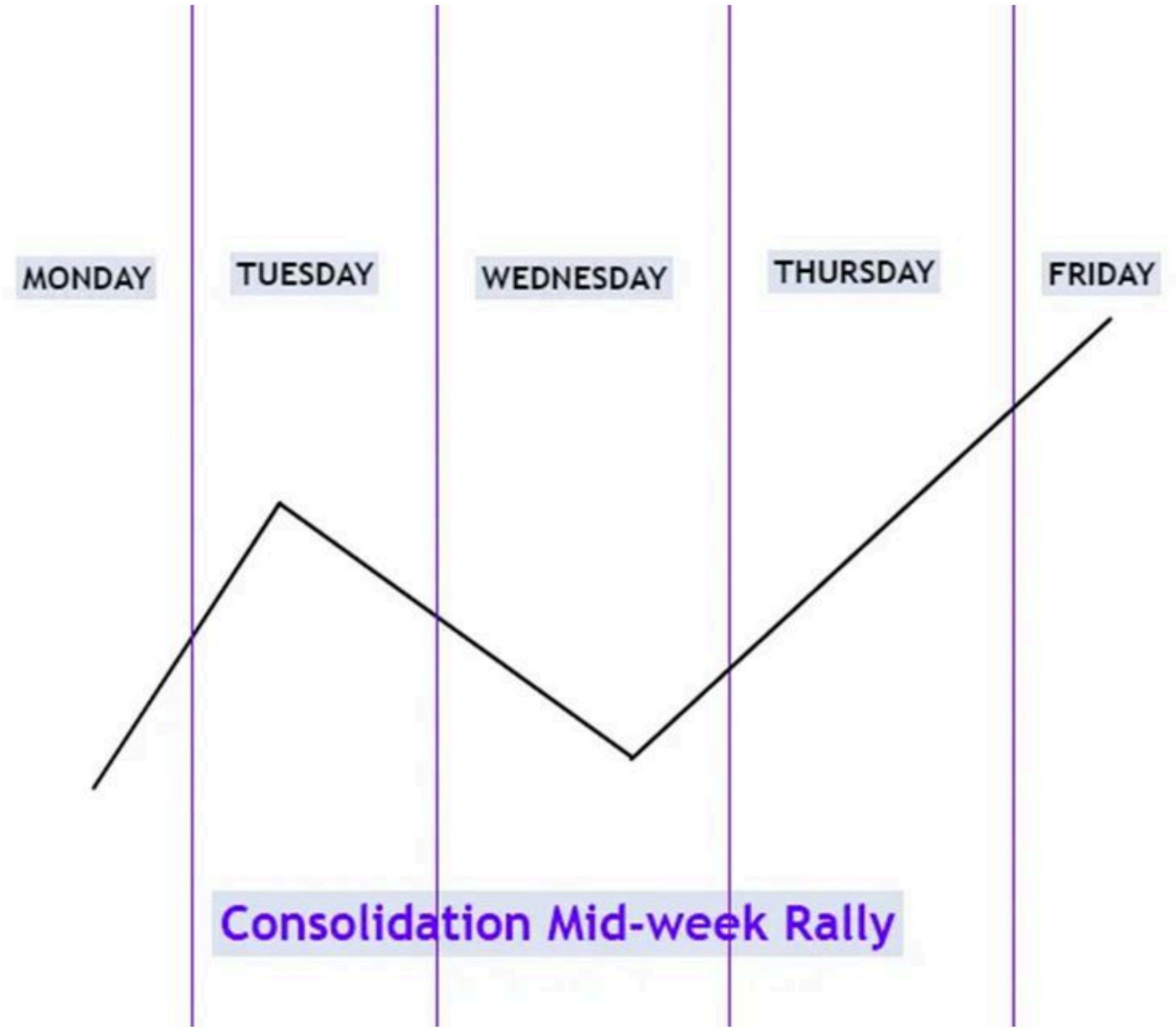
When price is bearish it may consolidate on monday through wednesday then runs the intra-week high and rejects it forming a market reversal.



To anticipate this you must know the higher timeframe premium array. And when price fails to rise into higher timeframe premium array then its likely that thursday will see drive higher on market driver news or interest rate release late New York session around 02:00 PM (New York local time).

(VII) Consolidation Midweek Rally

Bullish Profile : When price is bullish and consolidates monday through wednesday then runs into intra-week high and expands higher into friday.



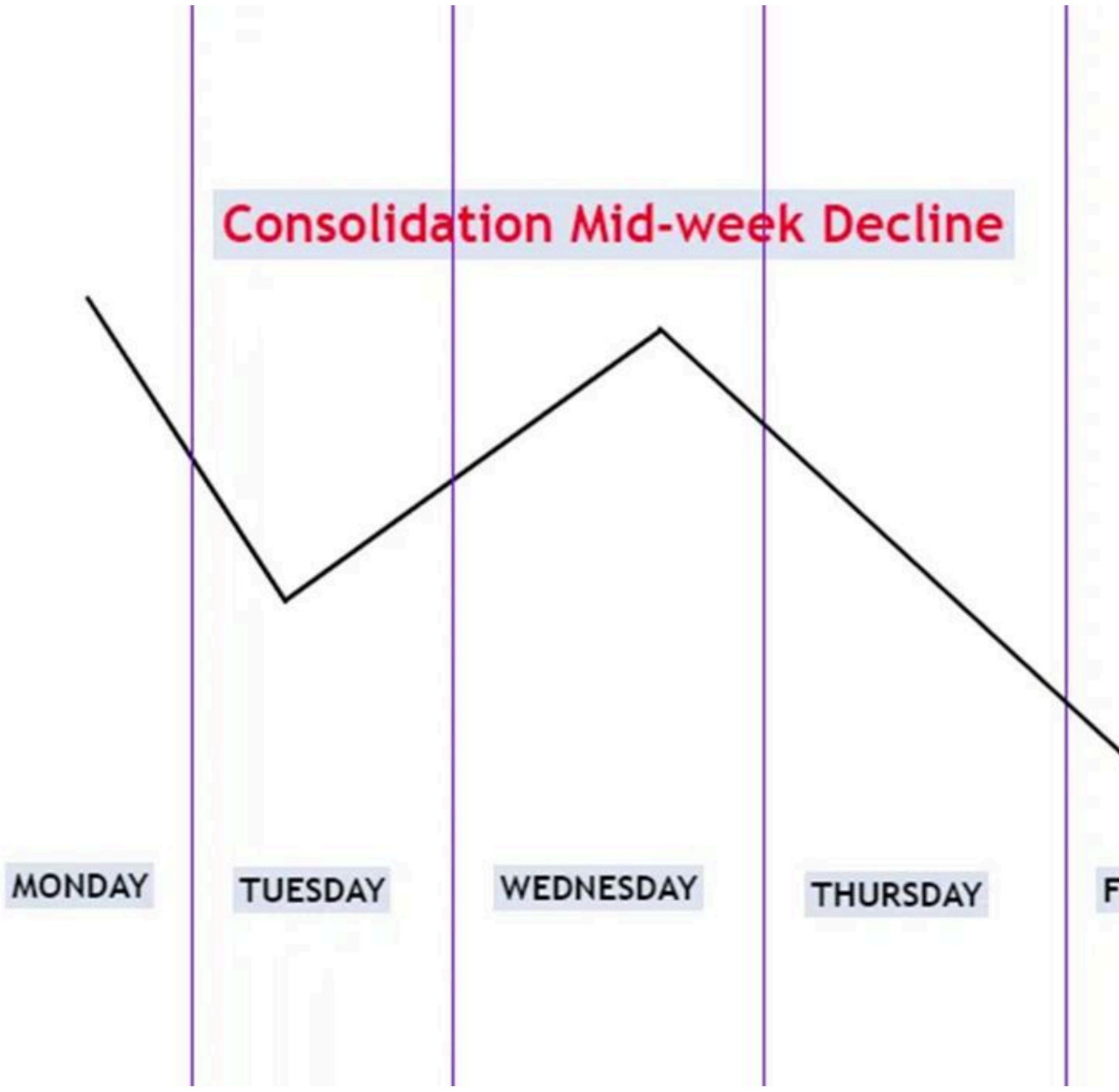
How to Anticipate?

When the price is bullish and has yet to run to premium array on the higher timeframe and it has recently rallied from a discount array and simply paused without any bearish reversal price action.

This indicates price is about to expand higher for the premium array.

(VIII) Consolidation Midweek Decline

Bearish Profile : When price is bearish and consolidates monday through wednesday then runs into intra-week low and expands lower into friday.



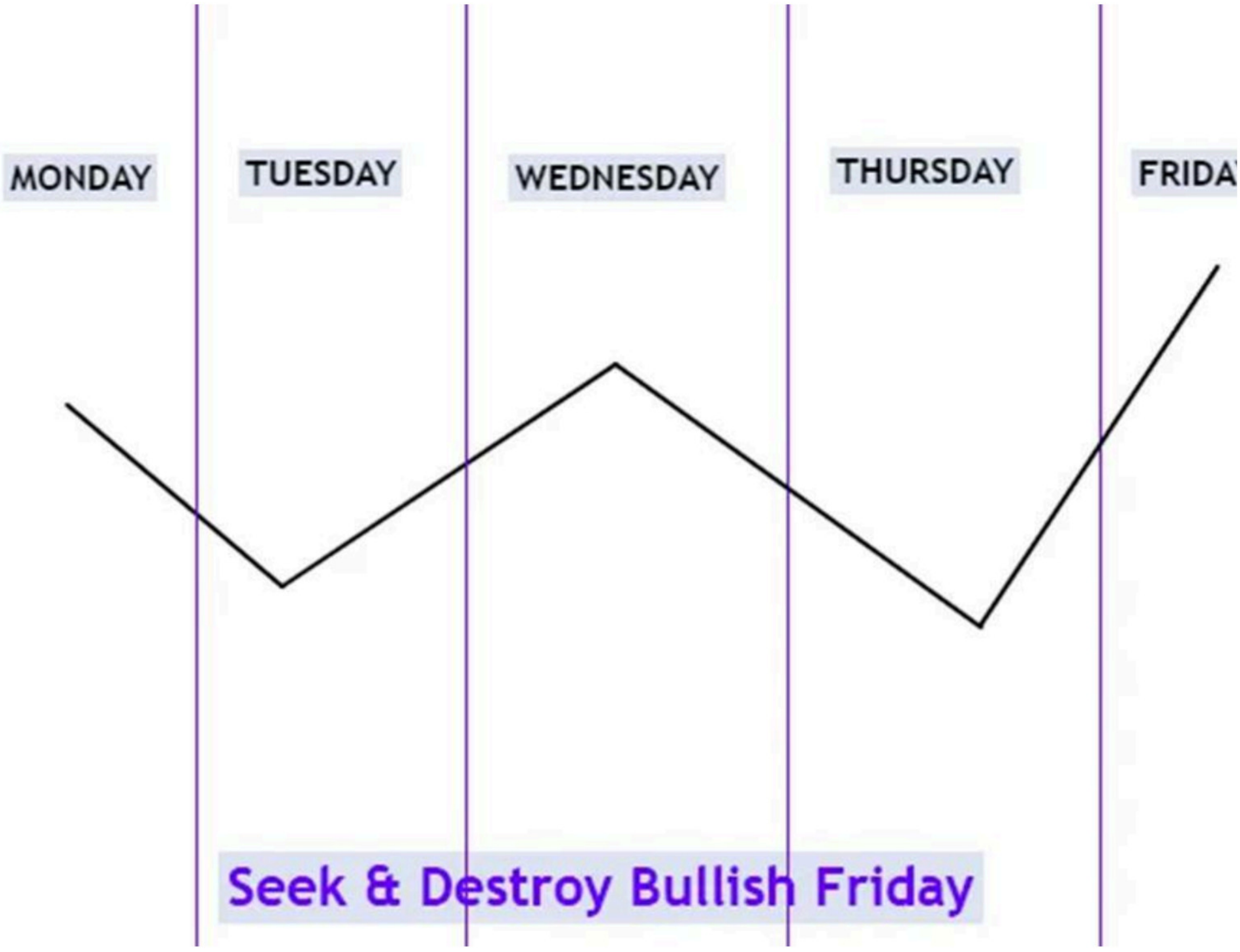
How to Anticipate?

When the price is bearish and has yet to run to discount array on the higher timeframe and it has recently declined from a premium array and simply paused without any bullish reversal price action.

This indicates price is about to expand lower for the premium array.

(IX) Seek and Destroy Bullish Friday

Neutral-Low Probability Profile When price consolidates monday through thursday running shallow stops under and above intra-week high, then runs the intra-week high and expands higher into friday.



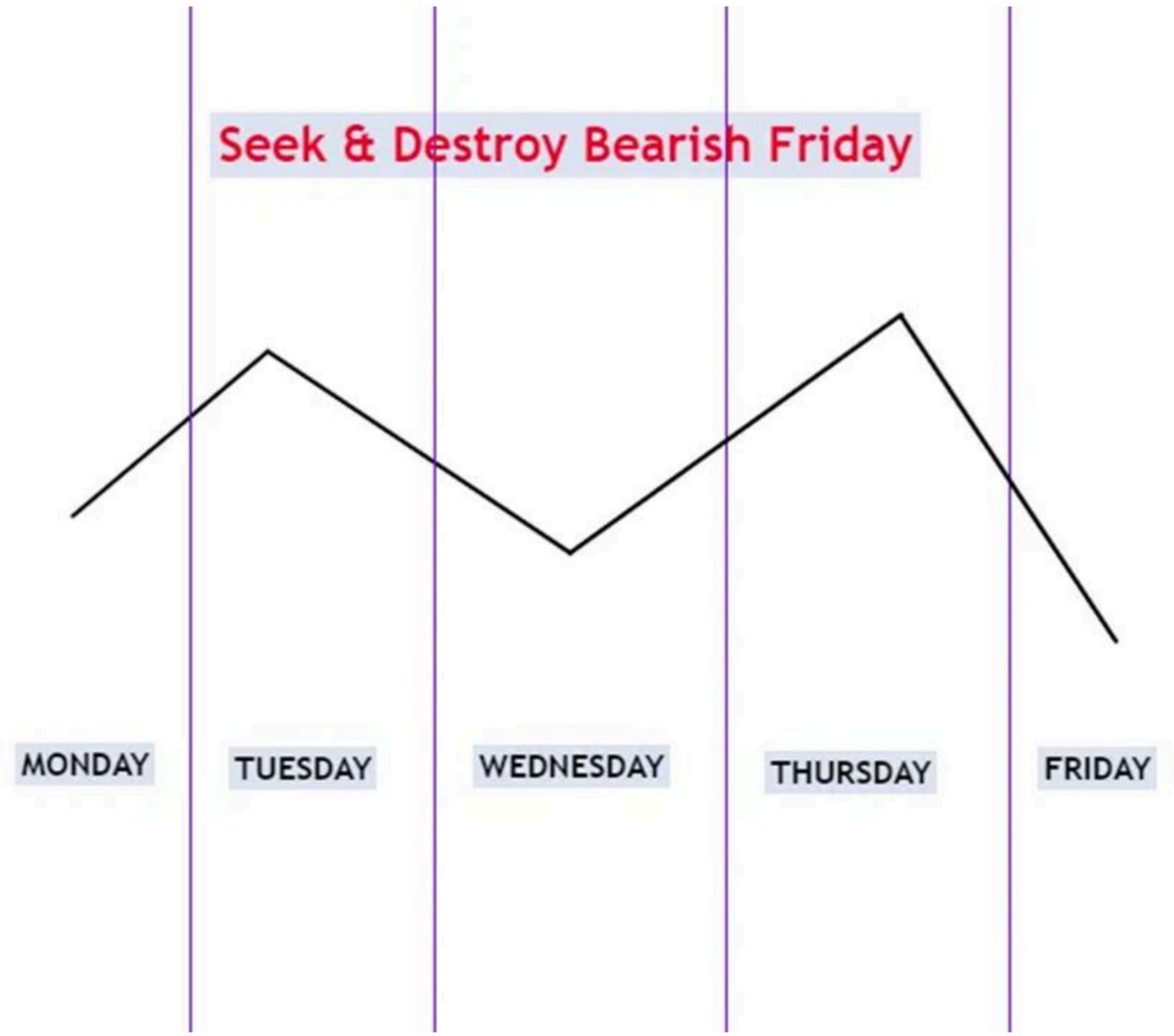
How to Anticipate?

When market is awaiting interest rate announcements or Non-Farm payroll, it can create this profile in the summer months of July and august.

Better to avoid trading in these conditions.

(X) Seek and Destroy Bearish Friday

Neutral-Low Probability Profile When price consolidates monday through thursday running shallow stops under and above intra-week high, then runs the intra-week low and expands lower into friday.



How to Anticipate?

When market is awaiting interest rate announcements or Non-Farm payroll, it can create this profile in the summer months of July and august.

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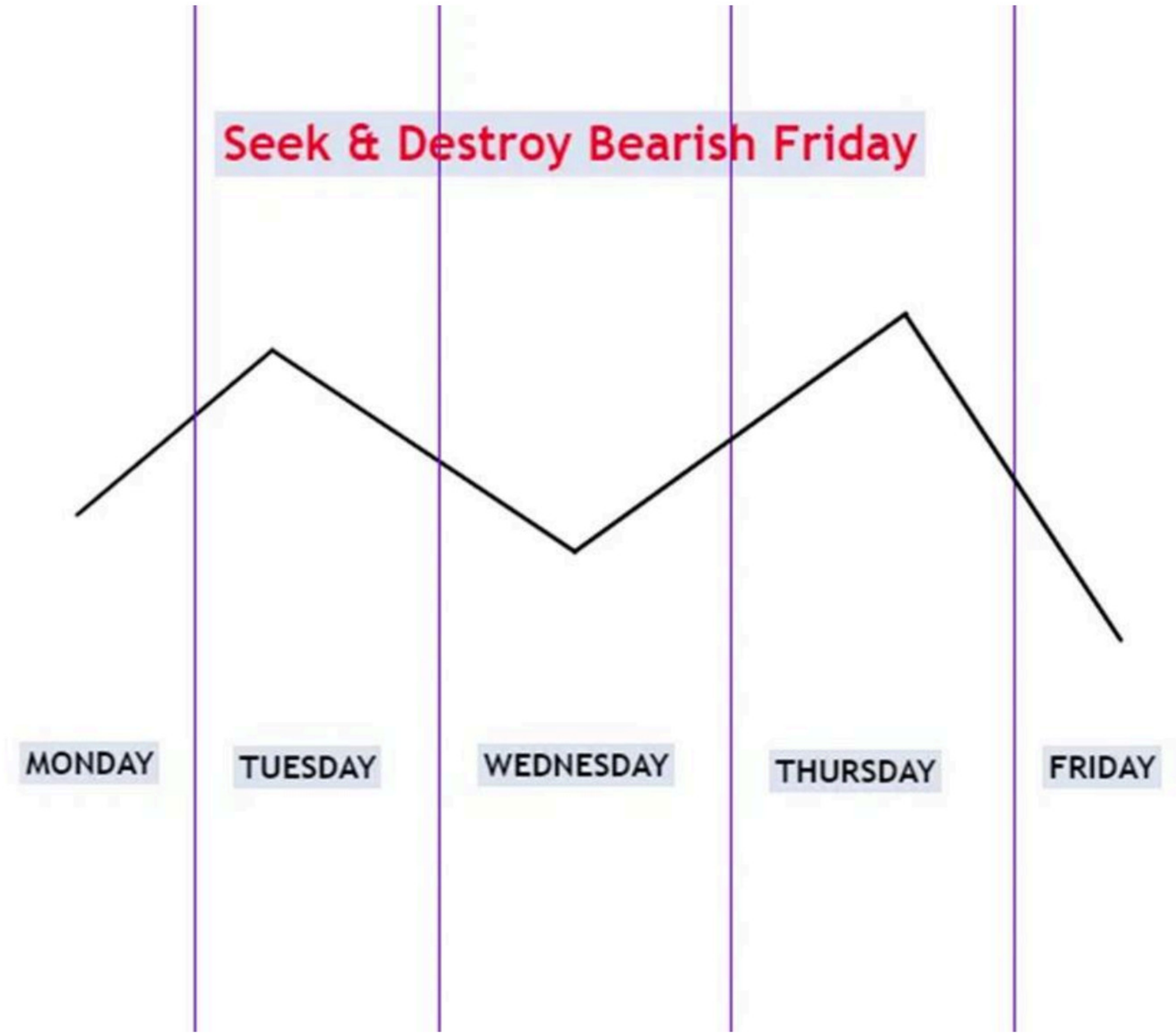
(XI) Wednesday Weekly Bullish Reversal

When price is bullish and consolidates monday through tuesday and drives lower into higher timeframe discount array on wednesday to induce sell stops and then strongly reverses.



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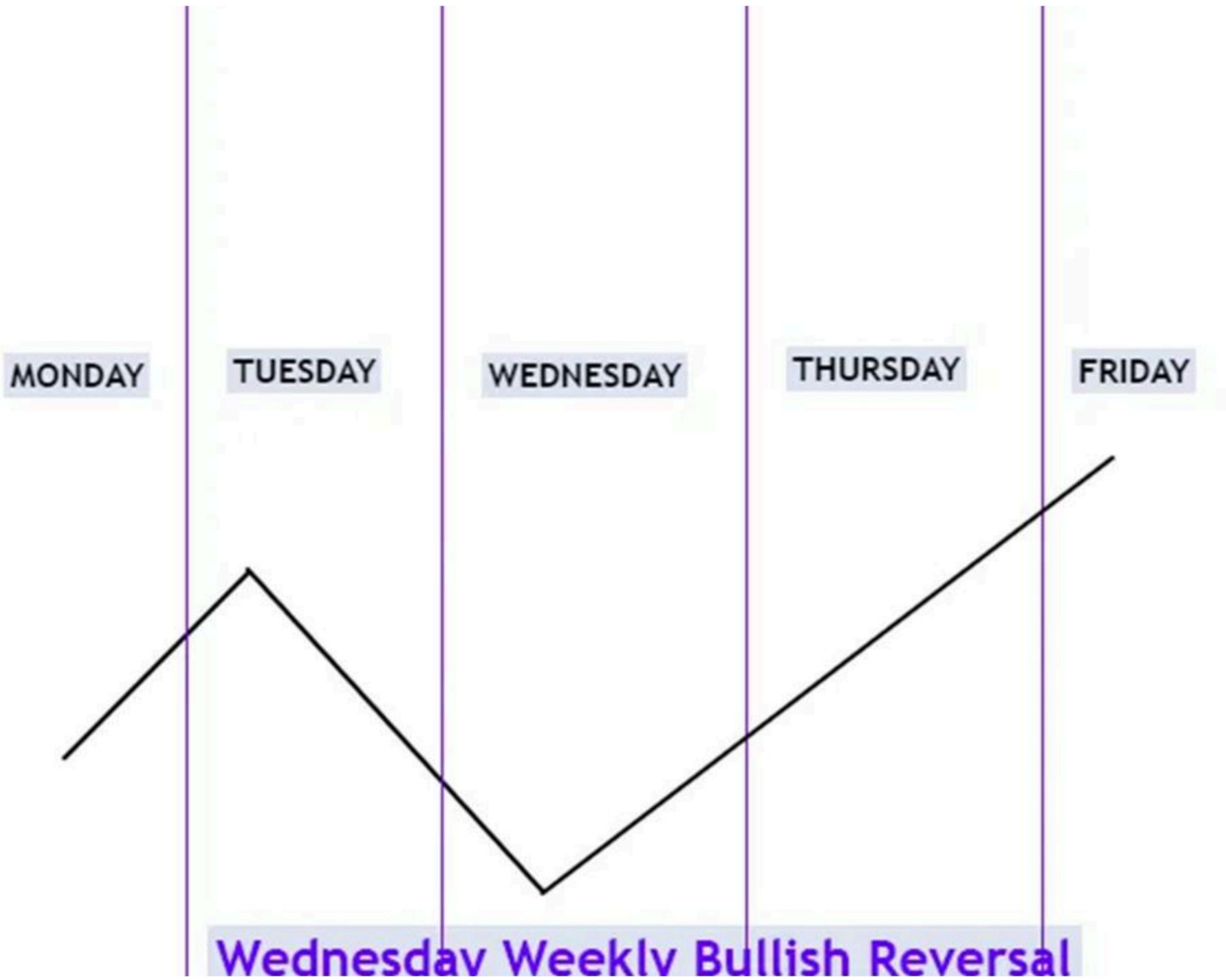
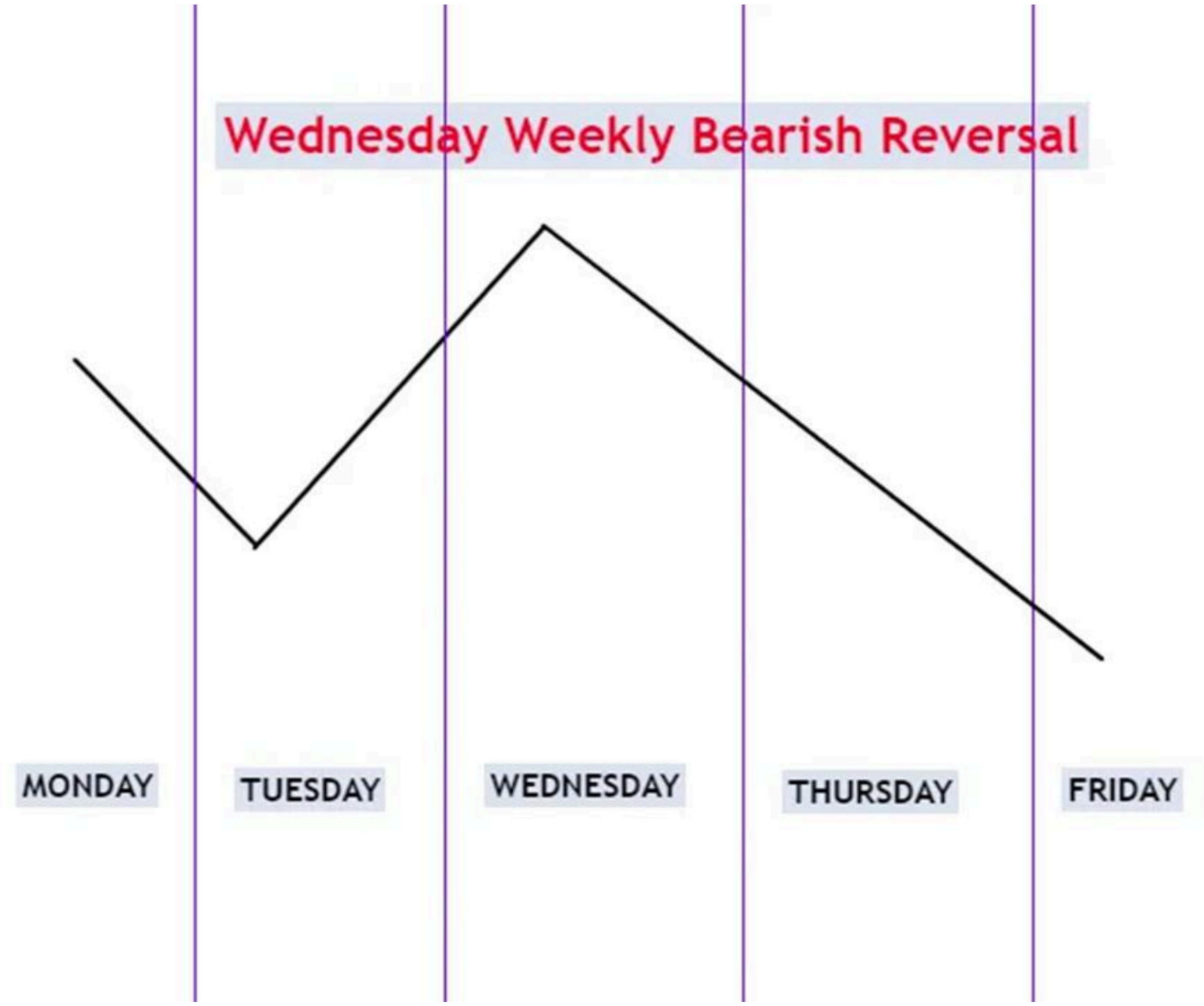


When the market is trading at the long term or intermediate term low, price will pair institutional buying with pending sell side liquidity (sell stops raid).

(XII) Wednesday Weekly Bearish Reversal

When price is bearish and consolidates monday through tuesday and drives higher into higher time frame premium array on wednesday to induce buy stops and then strongly reverses.



When the market is trading at the long term or intermediate term high, price will pair institutional selling with pending buy side liquidity (buy stops raid).

“

Weekly profiles are conceptual frameworks that describe typical patterns of price behavior during a trading week.

Daily Bias

Market Profiles

ICT daily bias is basically the anticipated direction of price for the day which helps us to find and execute the trading opportunities.

How to Find ICT Daily Bias?

To find the ICT daily bias you just need to know about the ICT Market Structure Shift . For the purpose of this trick we will be using only the 1 day timeframe to find the ICT daily bias.

To determine the daily bias of an asset, start by examining its daily chart.

Look for the recent ICT Market Structure Shift on either side.

ICT Bullish Daily Bias

If price has shifted its structure to the buy-side recently then it will indicate the bullish bias. But to trade the bullish bias you have to follow the steps given below.

(I) Find the Discount Zone or use ICT OTE Pattern sweet-spot.

(II) Wait for price to trade back into ICT PD Array in discount area or OTE sweet spot.

(III) Note that, while trading back to discount area or ICT OTE sweet spot price should not shift its structure to the sell-side.

(IV) When price approaches the ICT discount area or Optimal Tarde entry area, you can look for the confirmation like ICT market structure shift to the up-side in lower time frame but not lower than 15 minutes.

(V) Keep in mind, The higher the time frame of confirmation, the more valid the confirmation will be.

ICT Bearish Daily Bias

If the price has shifted its structure to the sell-side recently, it will indicate a bearish bias.

To trade the bearish bias, follow these simple steps:

(I) Identify the Premium Zone or use the ICT OTE Pattern sweet spot.

(II) Wait for the price to trade back into ICT PD array in premium area or OTE sweet spot.

(III) Note that, while trading back to the premium area or ICT OTE sweet spot, the price should not shift its structure to the buy-side.

(IV) When the price approaches the ICT premium area or Optimal Trade Entry area, look for confirmation like an ICT market structure shift to the sell-side in a lower time frame, but not lower than 15 minutes.

(V) Keep in mind that the higher the time frame of confirmation, the more valid the confirmation will be.

“

Daily bias is basically the anticipated direction of price for the day which helps us to find and execute the trading opportunities.

Intraday Profiles

****Market Profiles****

ICT intraday profiles are conceptual frameworks that describe typical patterns of price behavior during a specific time of a trading day. Intraday profiles depict the idea of daily high during a sell day and daily low during a buy day.

To understand the Intraday profiles, you should first know about the ICT Central Bank Dealers Range:

Central Bank Dealers Range - CBDR:

ICT CBDR is an important central range of price ranging from 02:00 PM to 08:00 PM New-York local time. That can be replicated above or below using the standard deviation.

Central bank dealers Range height can be measured using the high and low of that price range, you may use wicks to measure the height or the bodies of candlesticks, while the ICT prefers the bodies over wicks.

Ideally central bank dealers range should be less than 40 pips preferably not more than 20-30 pips.

Range larger than 40 pips would be unfruitful and, on that day, you will let price do what it wants to do except for scalp trades.
Intraday Sell Profiles

Intraday sell profile is further divided into two types based on London session protraction, which are explained below.

(I) London Normal Protraction -Sell Profile

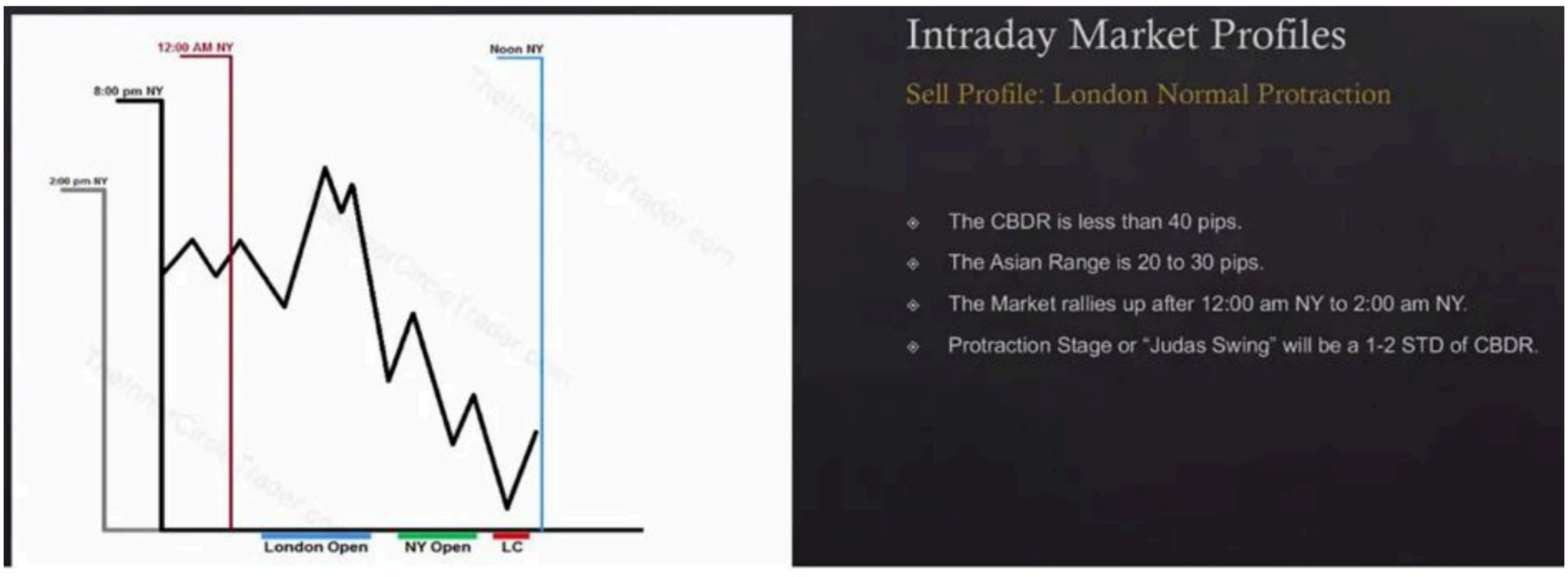
To trade ICT intraday sell profile having London session normal protraction you have to check following:

(I) Bearish directional Bias for the day.
(II) Central Ban Dealer Range less than 40 pips.
(III) Asian range should not be more than 20-30 pips (07:00 PM to 04:00 AM NY-Time)

(IV) Price rallies up after 12:00 AM to 02:00 AM (NY-Local time).

(V) Protraction stage for judas swing should not be more than 2-3 Standard deviations of CBDR.

If all the conditions for a London session normal protraction are right then it’s a valid intraday sell profile.


12:00 AM NY
Noon NY
8:00 pm NY
2:00 pm NY
London Open
NY Open
LC
Intraday Market Profiles
Sell Profile: London Normal Protraction
The CBDR is less than 40 pips.
The Asian Range is 20 to 30 pips.
The Market rallies up after 12:00 am NY to 2:00 am NY.
Protraction Stage or “Judas Swing” will be a 1-2 STD of CBDR.

How to Trade London Normal Protraction -Sell Profile?

Once you have checked all the conditions for London Normal Protraction -Sell Profile, you are ready to take a sell trade.

You will see a price rally just after 12:00 AM but a small little move down before the rally is also acceptable.

And the trade entry may form as early as 01:00 AM or after 02:00 AM.

After London session protraction above CBDR wait for a ICT Market Structure Shift in lower time frame like 5-Minutes or lower.

After the MSS you can execute a sell trade in Premium with stop loss above the London-session high.

For take profit you can target the higher timeframe draw on liquidity or any discount PD Array

Protraction Stage
Intraday Market Profiles
Sell Profile: London Normal Protraction
The CBDR is less than 40 pips.
The Asian Range is 20 to 30 pips.
The Market rallies up after 12:00 am NY to 2:00 am NY.
Protraction Stage or "Judas Swing" will be a 1-2 STD of CBDR.

How to Trade London Delayed Protraction Sell Profile?

To Trade London delayed protraction, you have to wait until 02:00 AM price rally. Once price rallies up after 02:00AM, you would mark the recent ICT dealing range and find the premium PD-arrays.

When price reaches the premium PD-array you can go short there or you may wait for an ICT MSS in lower time frame for confirmation.

In this scenario your stop loss will be above the ICT dealing range high while for take profit you will target the discount PD-arrays or sell side liquidity.

Protraction Stage
Intraday Market Profiles
Sell Profile: London Delayed Protraction
The Market may or may not have a favorable CBDR.
The directional bias is Bearish but the Protraction is delayed.
IPDA will enter a Protraction Stage at or shortly after 2:00 am NY.
Look for intraday Premium PD Arrays to Short on – retracement.
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How to Trade London Delayed Protraction Sell Profile?

To Trade London delayed protraction, you have to wait until 02:00 AM price rally. Once price rallies up after 02:00AM, you would mark the recent ICT dealing range and find the premium PD-arrays.

When price reaches the premium PD-array you can go short there or you may wait for an ICT MSS in lower timeframe for confirmation. In this scenario your stop loss will be above the ICT dealing range high while for take profit you will target the discount PD-arrays or sell side liquidity.

Protraction Stage
Intraday Market Profiles
Sell Profile: London Delayed Protraction
The Market may or may not have a favorable CBDR.
The directional bias is Bearish but the Protraction is delayed.
IPDA will enter a Protraction Stage at or shortly after 2:00 am NY.
Look for intraday Premium PD Arrays to Short on – retracement.
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ICT Intraday Buy Profiles

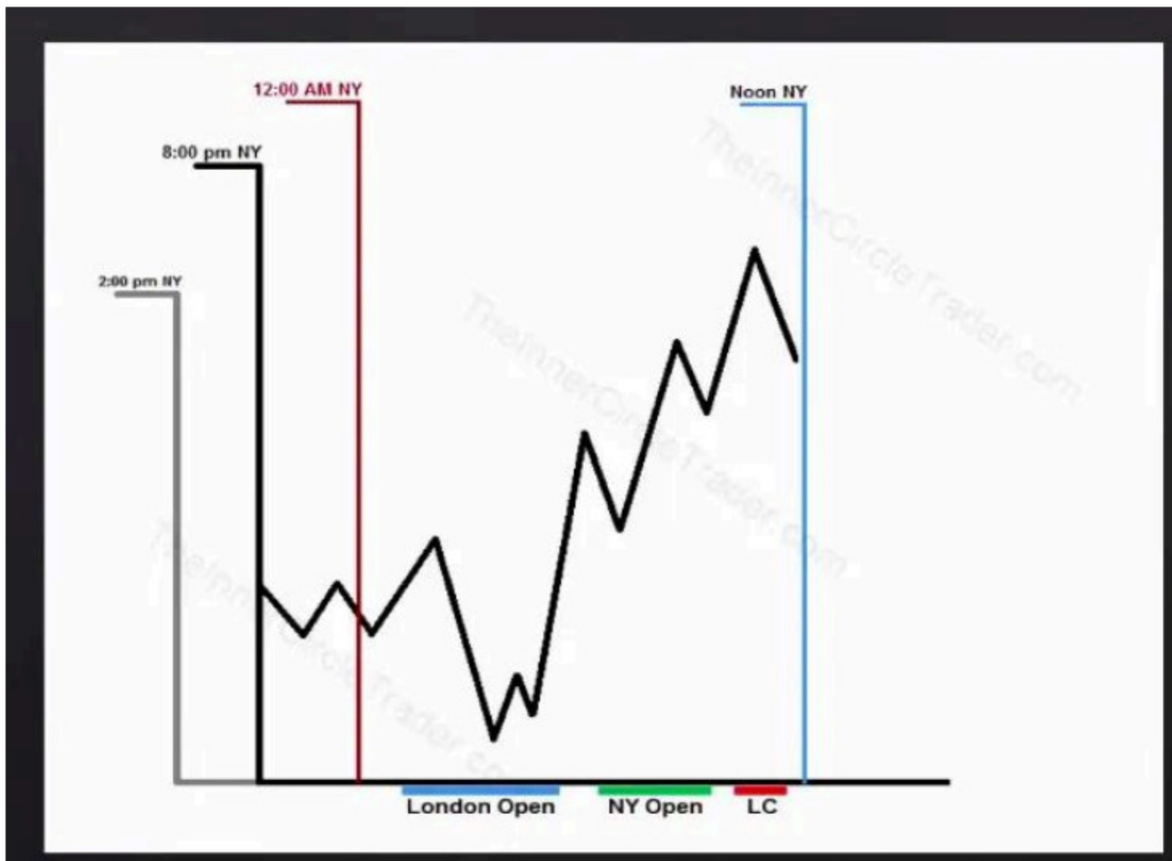
ICT intraday buy profiles, based on the protraction behavior during the London session, fall into two main types, which are detailed below.

(I) London Normal Protraction – Buy Profile

For trading an ICT intraday buy profile with a normal London session protraction, review the following conditions:

1. Bullish Directional Bias: Confirm a bullish bias for the day.
2. CBDR (Central Bank Dealer Range): Should be under 40 pips.
3. Asian Range: The range should ideally remain between 20-30 pips.
4. Price Dip: Expect a price dip between 12:00 AM and 02:00 AM (NY-local time).
5. Judas Swing Protraction: Should not exceed 2-3 standard deviations of the CBDR.

If all conditions align, it’s a valid intraday buy profile.



Intraday Market Profiles

Buy Profile: London Normal Protraction

- The CBDR is less than 40 pips.
- The Asian Range is 20 to 30 pips.
- The Market declines down after 12:00 am NY to 2:00 am NY.
- Protraction Stage or “Judas Swing” will be a 1-2 STD of CBDR.

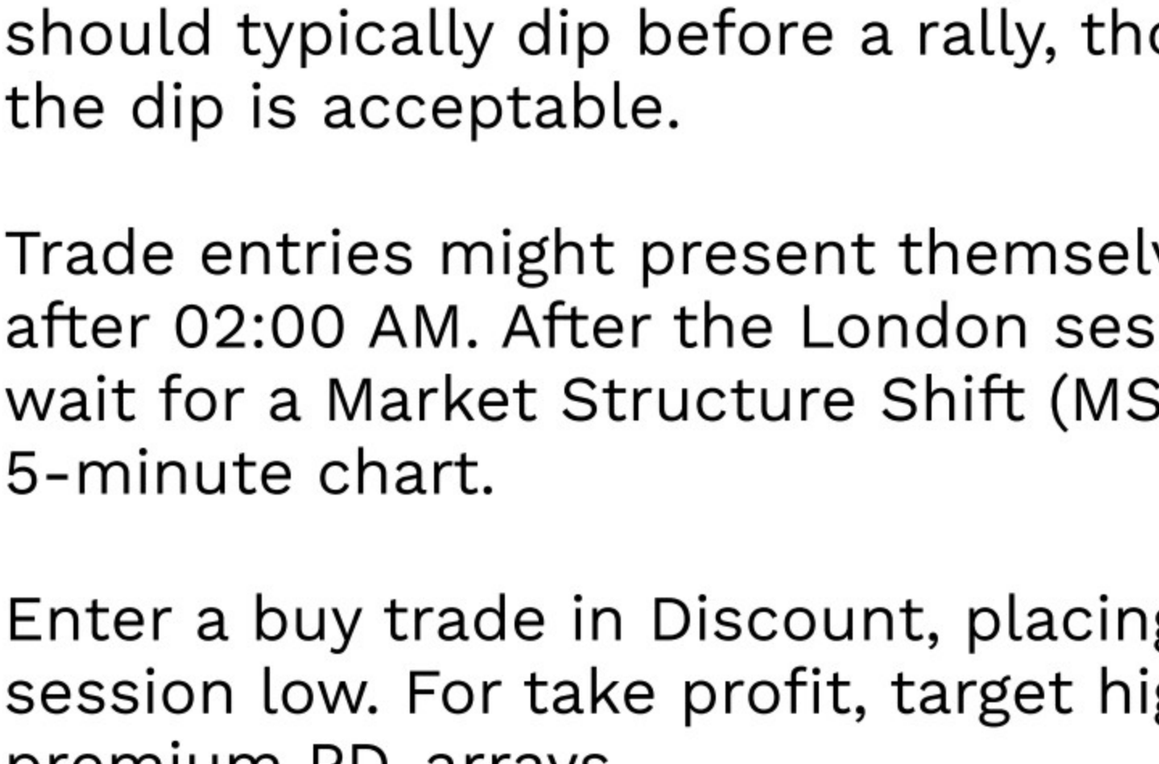
If any of these conditions diverge from this setup, it may not be an optimal buy profile. In such cases, allow price action to develop naturally, but you can still explore scalp trading opportunities.

How to Trade a London Normal Protraction – Buy Profile

Once you’ve confirmed the London Normal Protraction buy profile conditions, look for the ideal buying opportunity. After 12:00 AM, price should typically dip before a rally, though a slight move upward before the dip is acceptable.

Trade entries might present themselves as early as 01:00 AM or shortly after 02:00 AM. After the London session price dips below the CBDR, wait for a Market Structure Shift (MSS) on a lower timeframe, like the 5-minute chart.

Enter a buy trade in Discount, placing your stop-loss below the London session low. For take profit, target higher timeframe liquidity pools or premium PD-arrays.



Intraday Market Profiles

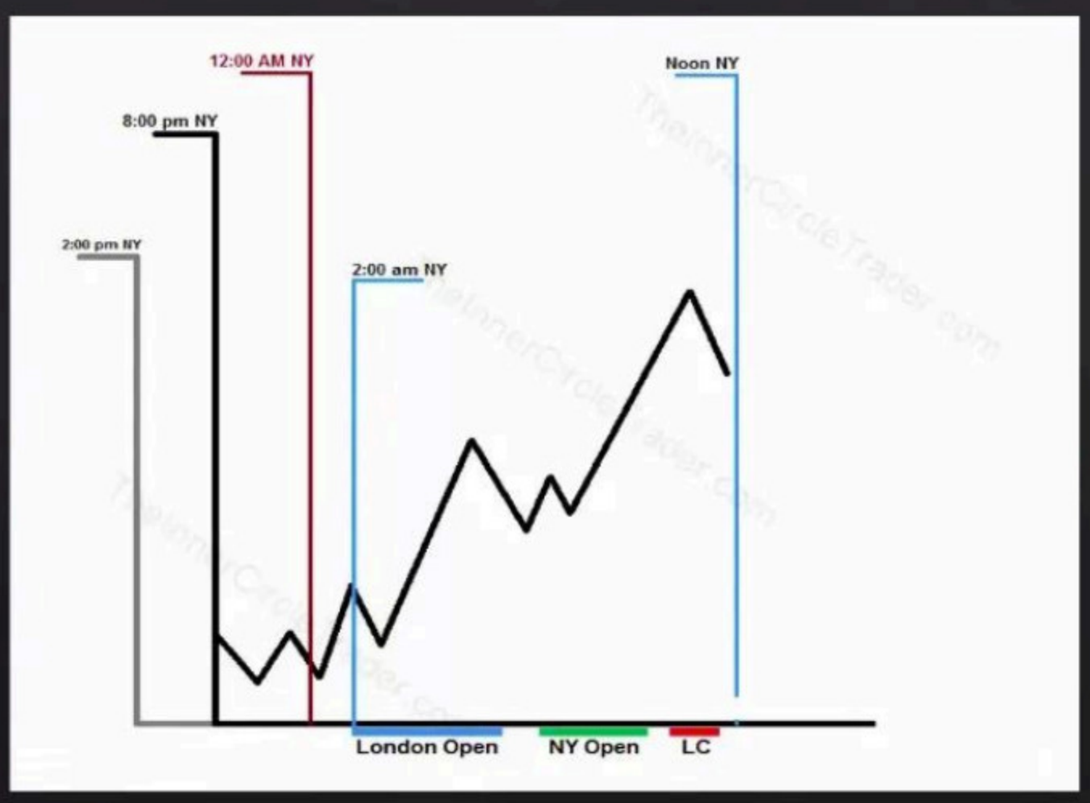
Buy Profile: London Normal Protraction

- The CBDR is less than 40 pips.
- The Asian Range is 20 to 30 pips.
- The Market declines down after 12:00 am NY to 2:00 am NY.
- Protraction Stage or “Judas Swing” will be a 1-2 STD of CBDR.

(II) London Delayed Protraction – Buy Profile

This buy profile applies when price doesn't dip as expected after 12:00 AM. Here, the London protraction is delayed, meaning price does not drop immediately after 12:00 AM, though the overall directional bias remains bullish. In this scenario, the IPDA (Interbank Price Delivery Algorithm) will enter a protraction phase at or shortly after 02:00 AM.

Focus on intraday Discount PD-arrays for entry on retracements.


12:00 AM NY
Noon NY
8:00 pm NY
2:00 pm NY
2:00 am NY
London Open
NY Open
LC
Intraday Market Profiles
Buy Profile: London Delayed Protraction
The Market may or may not have a favorable CBDR.
The directional bias is Bullish but the Protraction is delayed.
IPDA will enter a Protraction Stage at or shortly after 2:00 am NY.
Look for intraday Discount PD Arrays to Buy at – retracement.

How to Trade a London Delayed Protraction – Buy Profile

To trade a delayed protraction setup, watch for a price dip around 02:00 AM. Once price dips after 02:00 AM, mark the recent ICT dealing range and locate the discount PD-arrays.

As price nears the discount PD-array, you may either take a long position or wait for an ICT MSS on a lower timeframe to confirm your entry. In this case, set your stop-loss below the ICT dealing range low, and for take profit, target the premium PD-arrays or buy-side liquidity.

Protraction Stage
Intraday Market Profiles
Buy Profile: London Delayed Protraction
The Market may or may not have a favorable CBDR.
The directional bias is Bullish but the Protraction is delayed.
IPDA will enter a Protraction Stage at or shortly after 2:00 am NY.
Look for intraday Discount PD Arrays to Buy at – retracement.

“

Intraday profiles are conceptual frameworks that describe typical patterns of price behavior during a specific time of a trading day.

Advance Market Structure

****Market Profiles****

What is Market Structure?

Market structure refers to the framework within which a market is trading at any given time. It provides insight into the market's behavior, condition, and current flow.

By swing highs and swing lows, market structure helps in understanding the overall dynamics of the market.

Market structure has three main types

(I) Bullish Market Structure : means the consistently rising prices of an asset which is indicated by the Higher long-term highs and higher long-term lows on the price chart.

(II) Bearish Market Structure : means the consistently falling prices of an asset which is indicated by the lower long-term lows and lower long-term highs on the price chart.

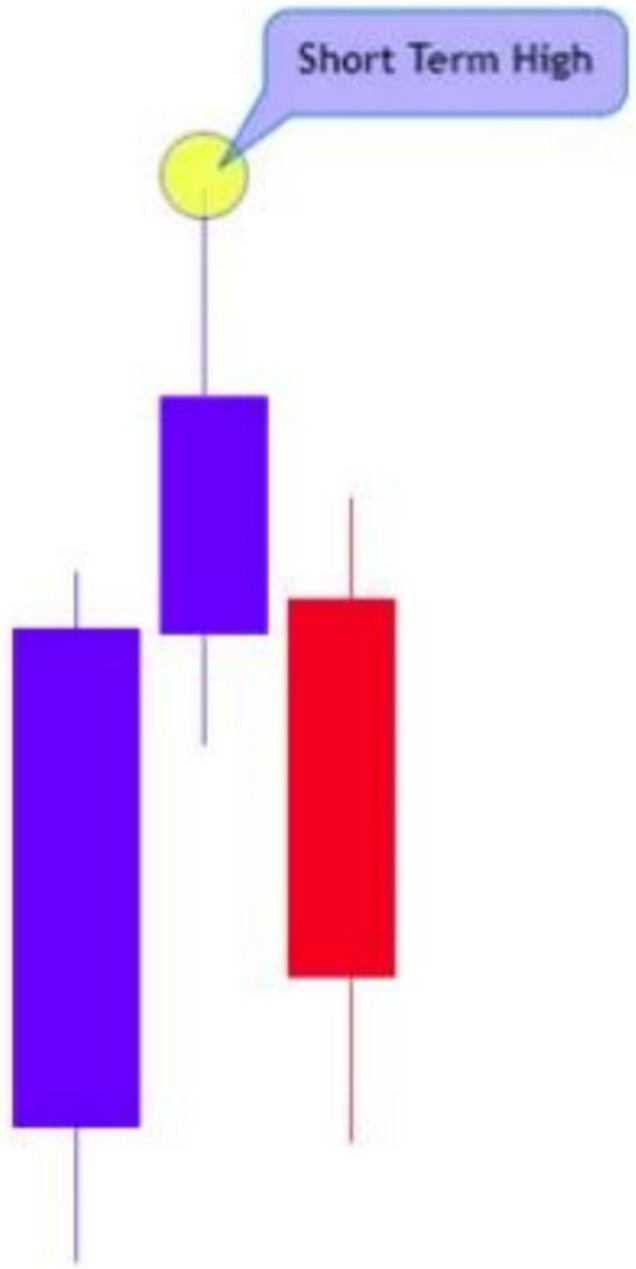
(III) Sideway Market Structure : means price is trading in a range and making equal highs and equal lows.

Now lets discuss the components of ICT market structure STH ITH and LTH.

(I) Short Term High – STH

ICT STH-short term high is basically a ICT Swing High being a three candle formation in such a way that the high(wick) of the 2nd(middle) candle is higher than the high of both candles 1st on left and 3rd on right of it.

Example on Next Page.....



(II) Intermediate Term High – ITH

The word intermediate refers to something that is in the middle or between two stages. So the intermediate term high (ITH) is basically a short term high but having a lower short term high on left and right side of it.

(III) Long Term High – LTH

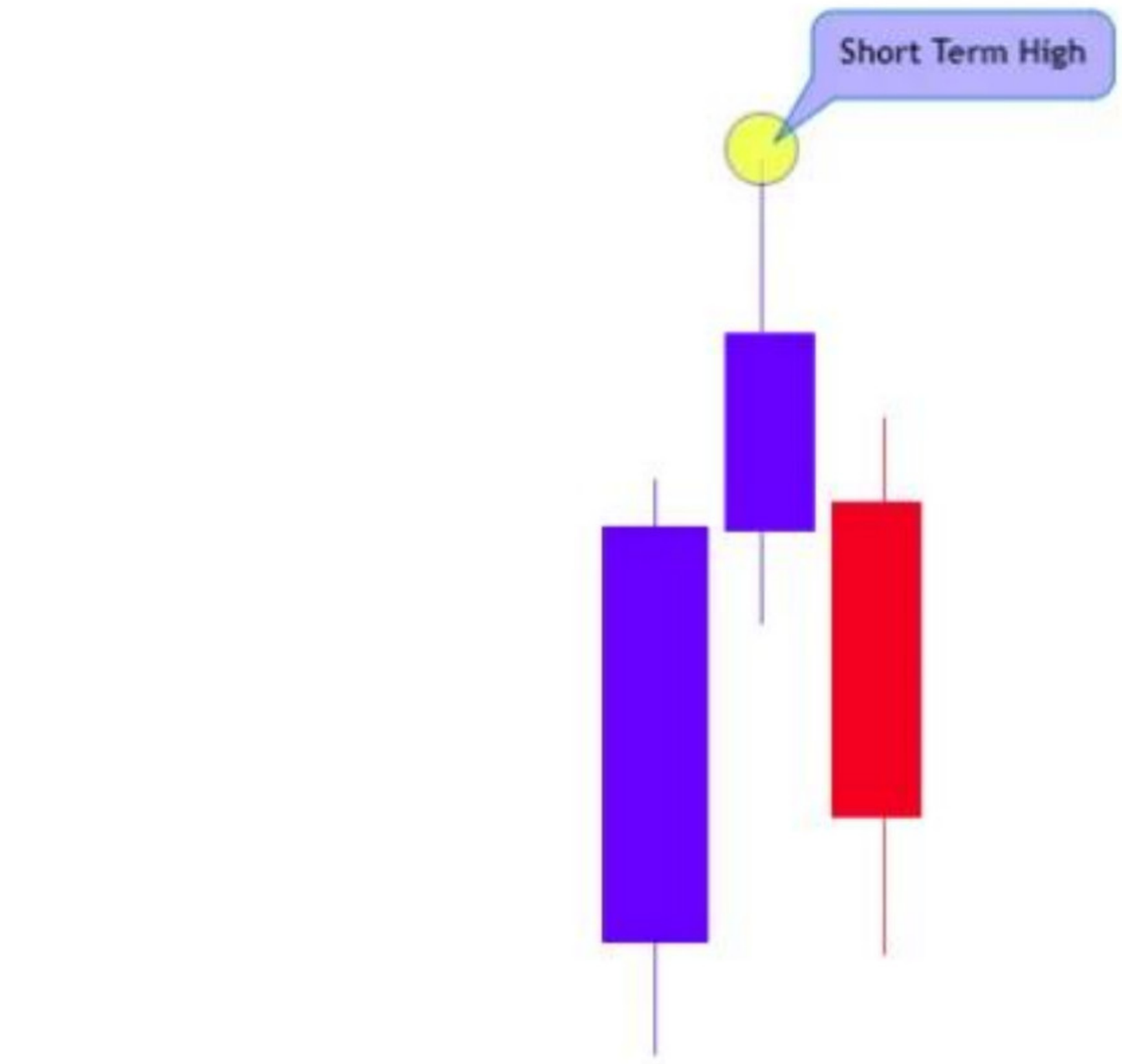
An ICT long-term high (LTH) is also an intermediate term high by nature but it is mostly formed at a higher time frame PD Array after a reaction of price. A long term high (LTH) is indicated by an intermediate high in the middle of two intermediate term highs.

It is the highest intermediate term high having a lower intermediate term high on the left and right side of it.

In bullish market structure price will make higher long-term highs and higher long-term lows. If price is supposed to go higher then it should not violate the recent higher long-term low. But if it does so and breaks the long-term low then it will no longer be bullish.

(I) ICT Short Term Low(STL)

ICT STL-short term low is basically a Swing Low being a three candle formation in such a way that the low(wick) of the 2nd(middle) candle is lower than the low of both candles 1st on left and 3rd on right of it.



(II) ICT Intermediate Term Low(ITL)

The word intermediate refers to something that is in the middle or between two stages. So the ICT intermediate term low (ITL) is basically a short term low but having a higher short term low on left and right side of it.

(III) ICT Long Term Low(LTL)

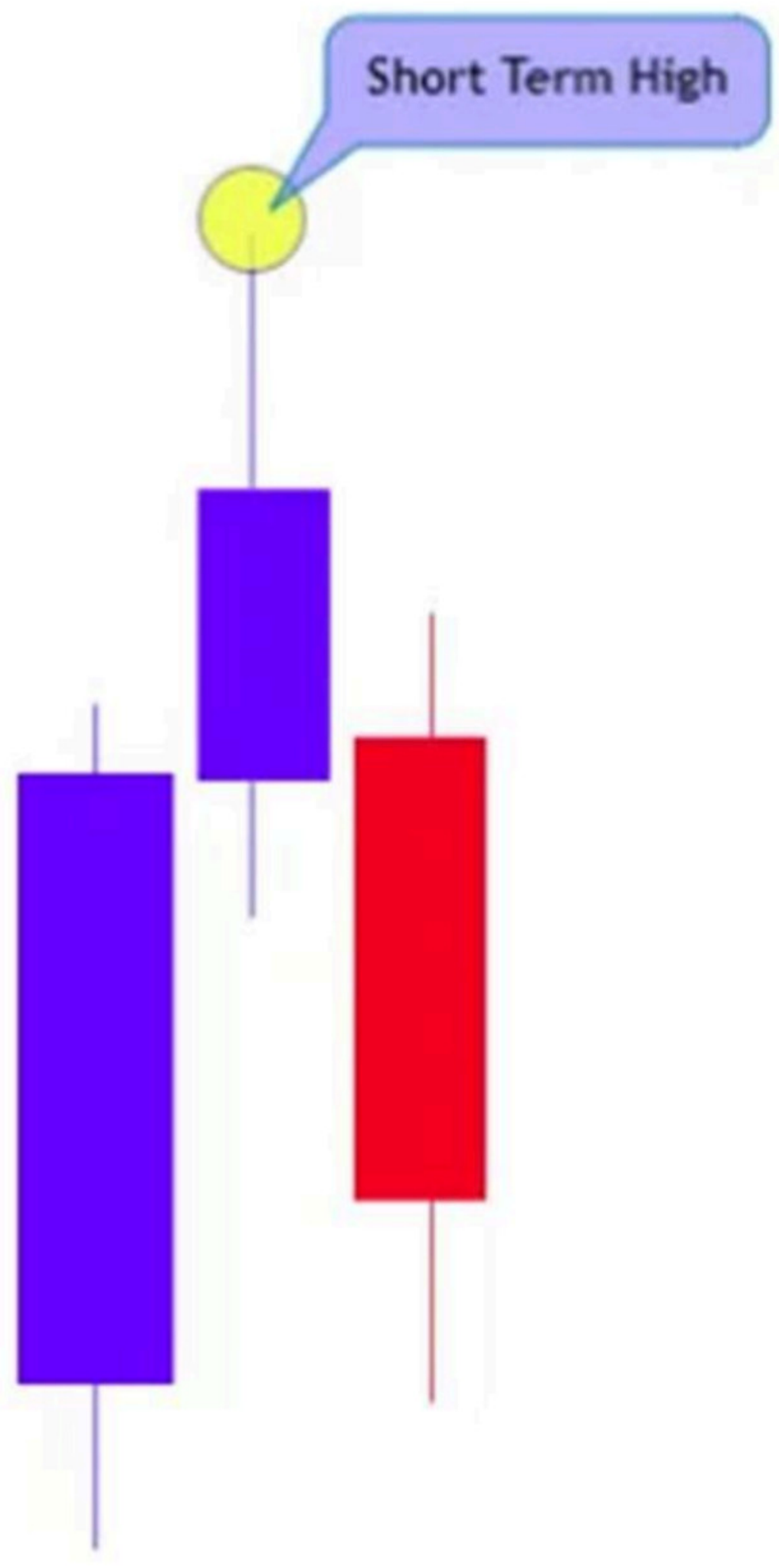
An ICT long-term low (LTL) is also an intermediate term low by nature but it is mostly formed at a higher time frame PD Array after a reaction of price. A long term low (LTL) is indicated by an intermediate low in the middle of two intermediate term lows.

It is the highest intermediate term high having a lower intermediate term high on the left and right side of it.

In bullish market structure price will make higher long-term highs and higher long-term lows. If price is supposed to go higher then it should not violate the recent higher long-term low. But if it does so and breaks the long-term low then it will no longer be bullish.

(I) ICT Short Term Low(STL)

ICT STL-short term low is basically a Swing Low being a three candle formation in such a way that the low(wick) of the 2nd(middle) candle is lower than the low of both candles 1st on left and 3rd on right of it.



(II) ICT Intermediate Term Low(ITL)

The word intermediate refers to something that is in the middle or between two stages. So the ICT intermediate term low (ITL) is basically a short term low but having a higher short term low on left and right side of it.

(III) ICT Long Term Low (LTL)

An ICT long-term low (LTL) is also an intermediate term low by nature but it is mostly formed at a higher time frame PD Array after a reaction of price. A long term low (LTL) is indicated by an intermediate low in the middle of two intermediate term lows.

It is the lowest intermediate term low having a higher intermediate term low on the left and right side of it.

In bearish market structure price will make lower long term lows and lower long-term highs. If price is supposed to go lower it should not violate the recent lower long-term high.

“

Market Structure provides insight into the market’s behavior, condition, and current flow

Market Maker Buy & Sell Model

Market Profiles

ICT market maker buy model is basically the blue print of price delivery from a bullish PD array to bearish PD array. You have to look for following things before ICT market maker buy model.

(I) The higher time frame market structure should be bullish.

(II) The next draw on liquidity or Daily Bias should be pointing higher.

(II) There should be a sell program on the lower time frame prior to the higher time frame PD Array.

Components of ICT Market Maker Buy Model (MMBM)

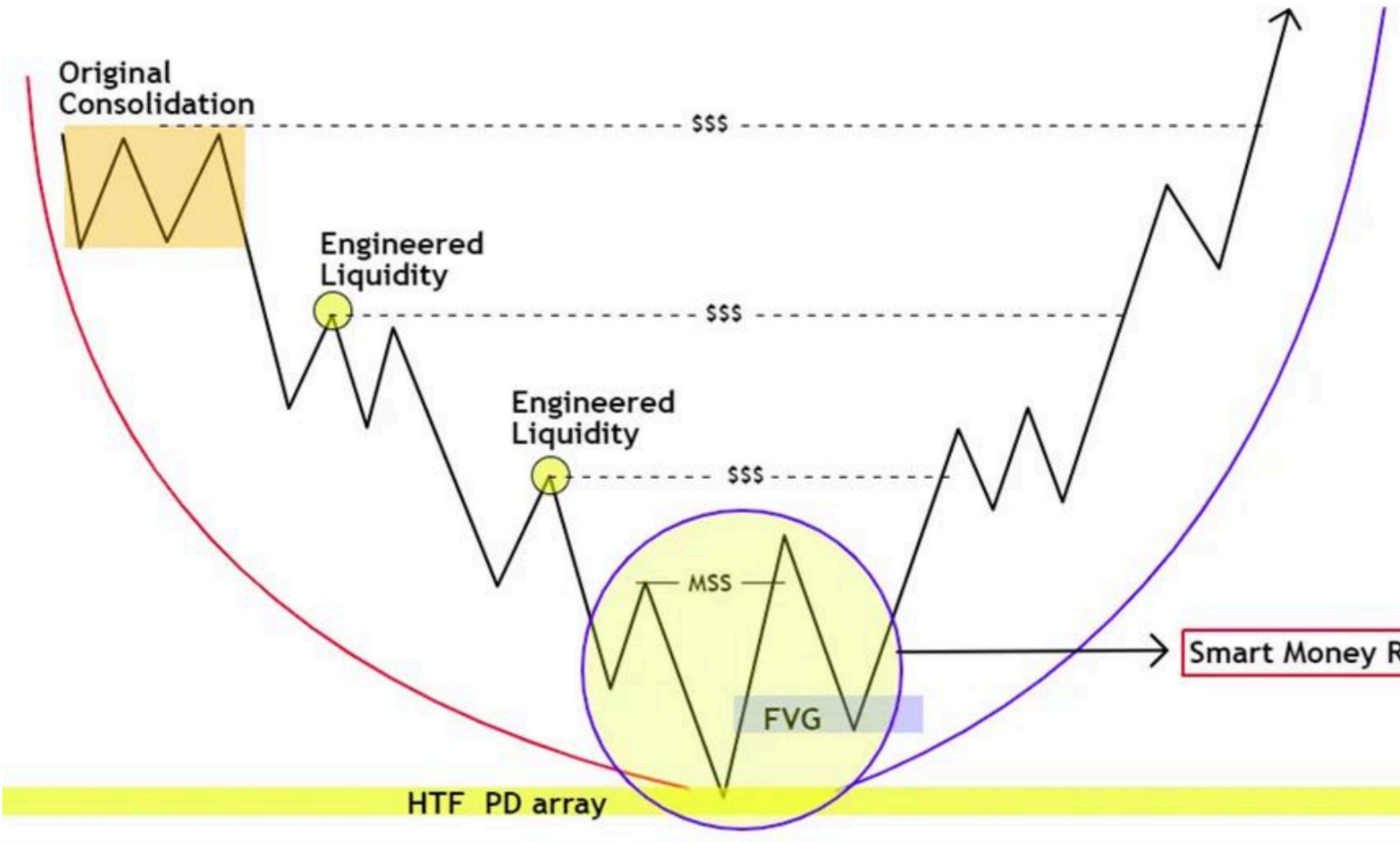
Market maker buy model is made up of four components explained below.

(I) Original Consolidation refers to the consolidated range of the price between two limits of price.

(II) Engineering Liquidity refers to the sell side move of price making lower highs which act as liquidity when prices moves to the buy side.

(III) Smart Money Reversal refers to the reversal of sell side to buy side , when price reaches higher time frame PD array.

(IV) Liquidity Hunt refers to the sweep of old highs which were made previously during engineering liquidity and finally the original consolidation area.



How to Trade ICT Market Maker Buy Model?

As mentioned above , to trade ICT market maker buy model at first you have to look for bullish order flow and next draw on liquidity to the upside on the higher time frame.

After the confirmation of above steps you have to wait for sell program on the lower time frame so that price should reach to the bullish PD array of higher time frame.

When price reaches the bullish PD array of higher time frame wait for the bullish confirmations like Market Structure Shift and SMT divergence.

Now after the above confirmations of buy side you can execute a buy trade in any fair value gap when price retraces below the market structure shift level.

What is ICT Market Maker Sell Model?

ICT market maker sell model is basically the behavior of price delivery from a bearish PD array to bullish PD array. You have to look for following things before ICT market maker sell model.

(I) The higher time frame market structure should be bearish.

(II) The next draw on liquidity or Daily Bias should be pointing lower.

(II) There should be a buy program on the lower time frame prior to the higher time frame PD Array.

Components of ICT Market Maker Sell Model

Market maker sell model is made up of four components explained below.

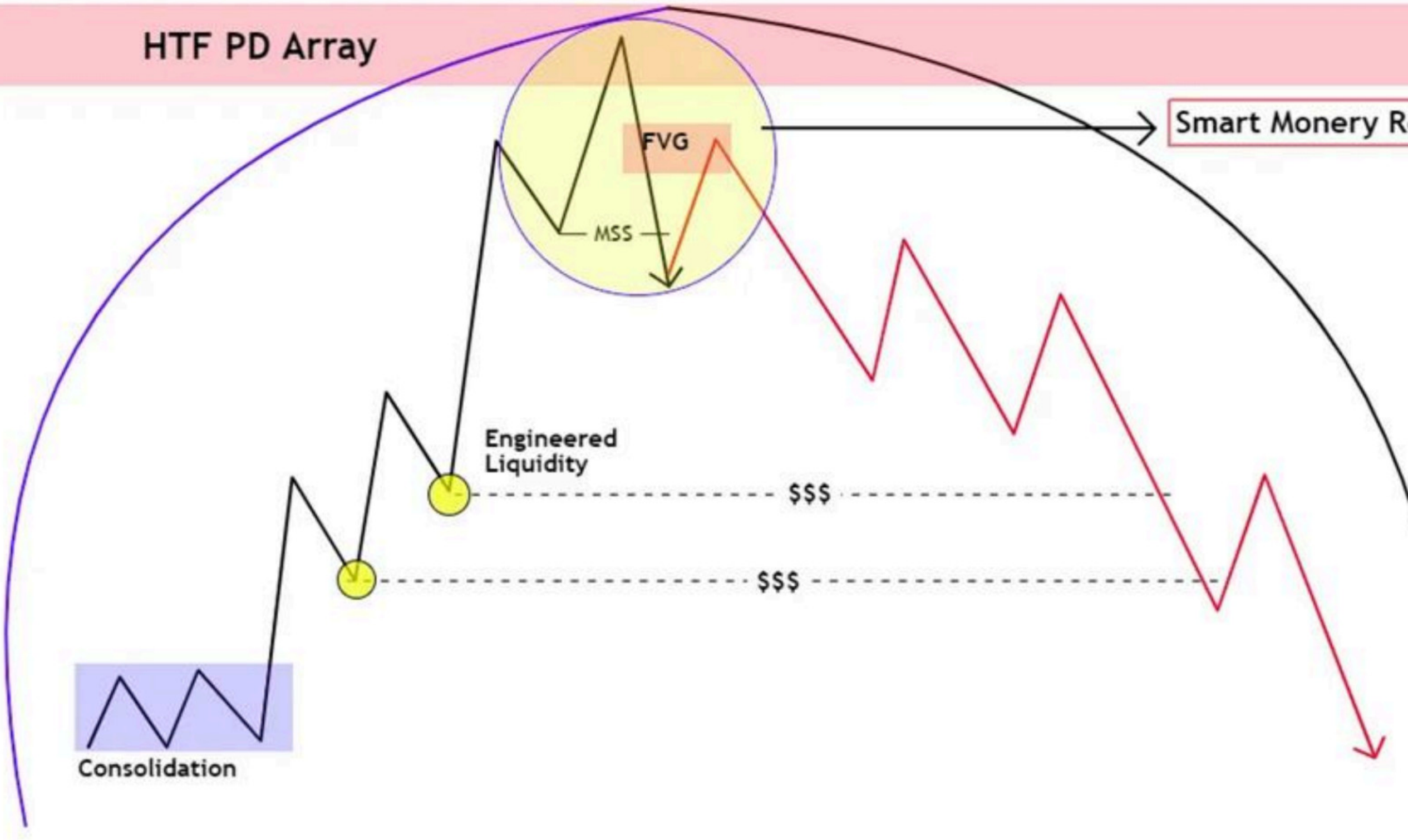
(I) Original Consolidation refers to the consolidated range of the price between two limits of price.

(II) Engineering Liquidity refers to the buy side move of price making higher lows which act as liquidity when prices moves to the sell side.

(III) Smart Money Reversal refers to the reversal of buy side to sell side , when price reaches higher time frame PD array.

(IV) Liquidity Hunt refers to the sweep of old lows which were made previously during engineering liquidity and finally the original consolidation area.

Example on Next Page.....



How to Trade ICT Market Maker Sell Model?

As mentioned above , to trade ICT market maker sell model at first you have to look for bearish market structure and next draw on liquidity to the downside on the higher time frame.

After the confirmation of above steps you have to wait for buy program on the lower time frame so that price should reach to the bearish PD array of higher time frame.

When price reaches the higher time frame bearish PD array wait for the bearish confirmations like Market Structure Shift and SMT divergence.

Now after the above confirmations of sell side you can execute a sell trade in any fair value gap when price retraces above the market structure shift level.

Judas Swing

****Market Profiles****

Judas swing is basically a false move to trap retail traders. The word judas swing was derived from concept of goat slaughtering, in ancient times butchers used to have judas goat which would lead all goats to slaughter house and he himself would have returned back resulting in slaughtering of all other goats.

So judas swing is same in sense of trading a false move which tricks, the traders in believing that it will continue in a particular direction, and trap them.

Features of ICT Judas Swing?

ICT judas swing forms in between the New York midnight open and 05:00 AM New York time. The London session open at 03:00 AM New York time and mostly judas swing forms in this period of time after opening of London session to 05:00 AM New York time.

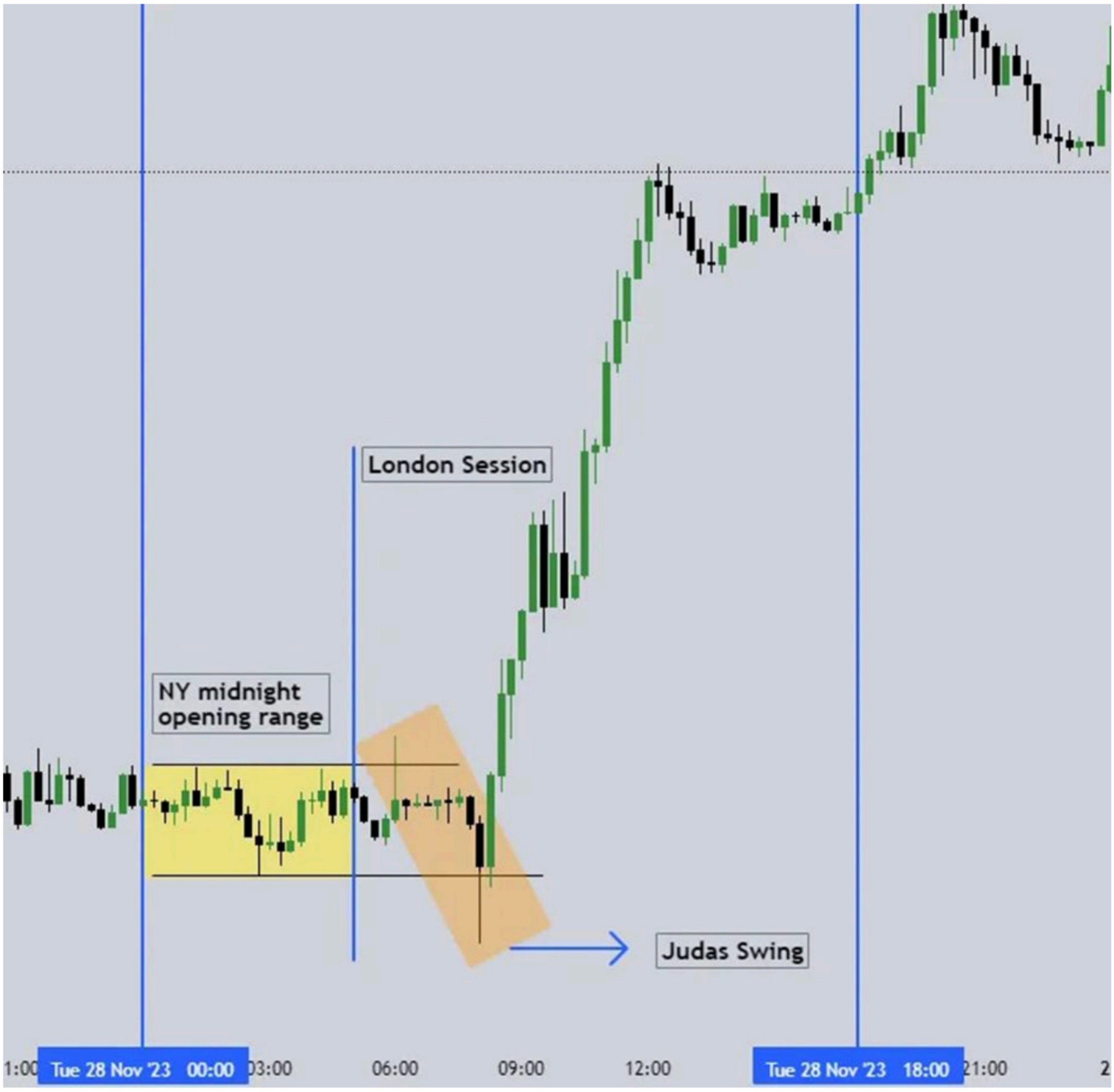
How to identify ICT Judas Swing?

On the basis of market structure either bullish or bearish we will be explaining ICT judas swing in two types.

ICT Judas Swing in Bullish Market is the strong and quick bearish move below the opening price of asset. Which leads traders to believe that it will continue moving down.

In this way the smart money grabs the stop losses of the traders who bought at opening price and they will sell believing that market will continue moving down after that market returns to the upside and again grabs the liquidity of traders who sold below opening price.

And after the judas swing (false bearish move) traders will believe the price to continue pushing down and they will try to sell. While after engaging them in false move price will return to upside again grabbing the stop losses of traders who sold in believing the false bearish move.



ICT Judas Swing in Bearish Market is the strong and quick bullish move above the opening price of asset. Which leads traders to believe that it will continue moving up.

In this way the smart money grabs the stop losses of the traders who sold at the opening price and they try to buy again believing the false bullish move after that market returns to downside grabbing the liquidity of traders who bought above the opening price.

And after the judas swing (false bullish move) traders will believe the price to continue moving up and they will try to buy. While after engaging them in false move price will return to downside again grabbing the stop losses of traders who bought in believing the false bullish move.

NY Midnight
opening range
Judas Swing
London Session
Tue 02 Jan '24 00:00
03:00
06:00
09:00
12:00
Tue 02 Jan '24 16:1

ERL to IRL Move

****Market Profiles****

Price basically moves from “external to internal” and then “internal to external” range liquidity. So price after taking the external range liquidity moves toward the internal range liquidity to balance the fair value gap and then again price moves to the external range liquidity and this cycle continues.

If price is bullish it will rise to take the external range liquidity and after taking the external range liquidity it will drop down to balance the move and take internal range liquidity and vice versa in bearish trend.

HRLR to LRLR Move

Market Profiles

Like the ERL to IRL price moves from a high resistance liquidity run to low resistance liquidity run.

In bullish trend price will move up to take a HRLR like an old low and then it will come down to take the LRLR like the short term lows created in previous bullish move and the vice versa in bearish trend.

“

Market Profiles are analytical tools that help traders anticipate market trends and identify trading opportunities.

You are done with Market Profiles. Now move to next Learning Block.

5. ICT Essentials

ICT Essentials

ICT essentials are basically the important elements of ICT trading strategy which can help you to potentially spot a reversal or retracement of price.

List of ICT essentials is given below:

1 : ICT AMD Pattern.

2 : ICT Market Structure Shift.

3 : ICT CISD.

4 : ICT Turtle Soup.

Now Let’s Go for Each Concept of ICT Essentials Explained in Individual Chapters.

AMD Pattern

ICT Essentials

Accumulation manipulation distribution also known as AMD are three main phases of a potential price move which are explained below:

Accumulation Phase

Accumulation phase is when the day opens, market ranges near opening price and smart money accumulate their positions in this area. This phase can be spotted by identifying areas where the price appears “trapped” within a horizontal range, signaling a potential setup for a larger market move.

During this phase, retail traders place their buy orders at the horizontal support area and the sell orders at the horizontal resistance area. While their stop-loss lies above the high and below low of the price range.

Manipulation Phase

Manipulation phase as obvious from the name is to manipulate the retail traders. After accumulation smart money moves the market in opposite direction like on bearish day, they manipulate the retailer traders toward buy-side.

While on bullish day they manipulate toward sell-side. They do this by running price above or below the accumulation phase. The manipulation phase is also known as false breakout of the accumulation phase

.

When price breaks to the upside of price range, short sellers stop-loss orders will be triggered and bullish breakout traders will enter buy positions.
When price breaks to the downside of range, traders who went long their stop-loss orders will be triggered and bearish breakout traders will enter sell positions.

2061.600
2061.960
Distribution
Retracement back to daily range
Accumulation
Manipulation
1950.000
1948.000
1946.000
1944.000
1942.000
1940.000
1938.000
1936.000
1934.000
1932.000
TradingView
06:00
12:00
12
Mon 13 Nov '23 00:00
06:00
12:00
18:00
Tue 14 Nov '23 00:00
06:00
12:00
18:00

Market Structure Shift

****ICT Essentials****

Market structure shift (MSS) is an initial signal of trend reversal which can either be a short term or long-term change in market structure.

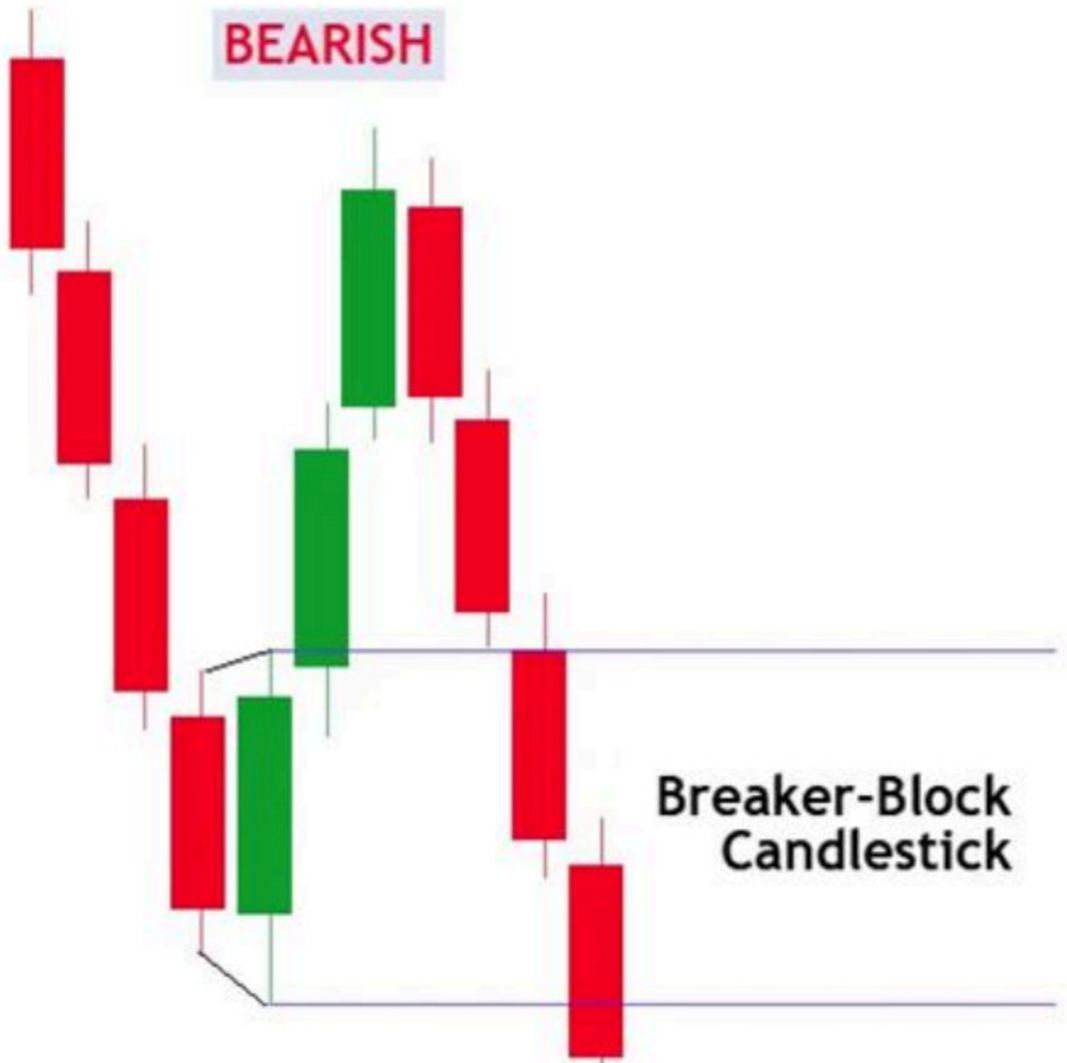
(MSS) is indicated by a break of swing high or swing low on a price chart, with a displacement move.

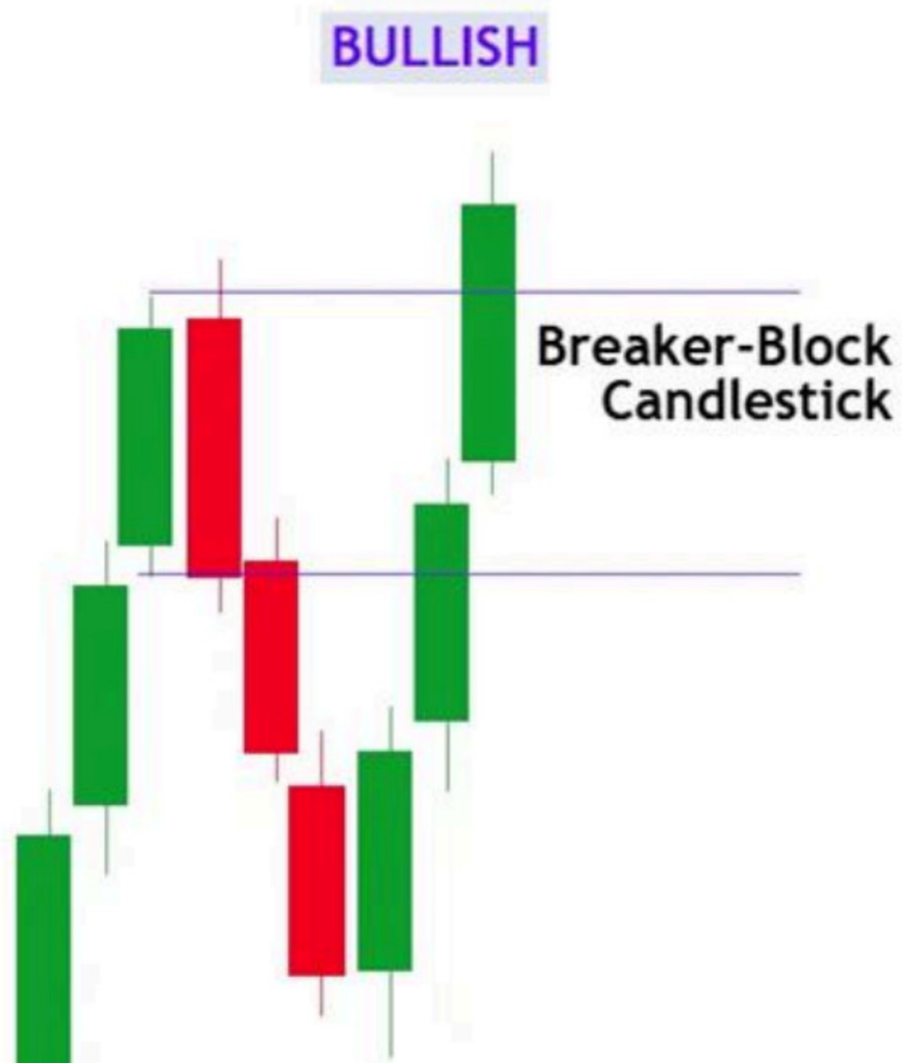
Change in State of Delivery

ICT Essentials

ICT Change in the state of delivery basically means the change in the direction of price delivery, for instance if price was being delivered to the buy-side initially now after an ICT CISD price is going to be delivered to the sell-side.

An ICT change in the state of delivery is indicated by the closing of price above the opening price of bearish price delivery and closing of price below the opening price of bullish price delivery.





Turtle Soup

****ICT Essentials****

ICT turtle soup pattern is based on hunting the stop orders of traders above a key resistance level or below a key support level in the market. Turtle soup pattern is particularly effective in ranging markets where price tends to oscillate between established highs and lows.

This pattern focuses on the concept of Liquidity Sweep and false breakout where price briefly breaks out of a significant support or resistance level before reversing.

Mostly traders mark the breakout of support or resistance level as a continuation of trend. But ICT marks it as run on stops of traders who went long on the support level and short on the resistance level.

Price basically moves for two main reasons:

(I) To Balance any Imbalance
(II) To Hunt the Liquidity

So after hunting the liquidity of one side, price reverses to balance any imbalance left behind or to sweep the liquidity of other side.

“

ICT Essentials are basically the important elements of ICT trading strategy which can help you to potentially spot a reversal or retracement of price.

You are done with ICT Essentials. Now move to next Learning Block.

6.

Time & Price Theory

Time & Price Theory

ICT trading is basically based on two important elements which are price and time. **Michael said price alone is not important but the time of price delivery is important.**

List of ICT Time & Price Theory is given below:

1 : Asian Range

2 : ICT Macros

3 : ICT Silver Bullet Strategy

4 : ICT Kill Zones Times

Now Let’s Go for Each Concept of ICT Time & Price Theory Explained in Individual Chapters.

Asian Range

****Time & Price Theory ****

ICT Asian range is basically the range of Asian session which starts at 07:00 PM and ends at midnight 12:00 AM (New York Local Time). If you have a higher timeframe directional bias, you can use the ICT Asian range to anticipate the likely movement of price after Asian range.

A tight consolidation within the Asian Range often signals an impending shift to a trending algorithm, which means market is likely to sweep-out liquidity either above or below of Asian range. This liquidity sweep traps the retail traders in the wrong direction and the price reverses after that.

How to Trade Asian Range?

To trade the ICT Asian range strategy, you need to have a directional bias. You would mark the high and low of Asian range and wait for the liquidity sweep above high or below the low of Asian range.

If the Asian low is taken wait for a CISD or MSS in lower timeframe to buy and vice versa for sell.

For London Session trading refer to the early chapter of Daily Market Profile.

London Normal Protraction.
London Delayed Protraction.

New York Session Trading Strategy

New York session opens at 08:00 AM New-York local time.

(I) If price has already taken the liquidity in London session and moved away then the New-York session may see some retracement and then continuation of London session price delivery.

In this scenario you have to draw Fibonacci from the London session low to the high prior to New-York retracement.

Now wait for price to tap the ICT Optimal Trade Entry levels and then you can execute the trade in the direction of London price delivery, after confirmation like the ICT MSS on 01-Minute timeframe.

ICT Macros

**Time & Price Theory **

A macro is “A short order of instructions that creates an event in price delivery” as said by the ICT himself.

ICT Macro times are basically short intervals of time during which the algorithm seeks liquidity or reprices the fair value gap. As mentioned earlier they are based on ICT time and price theory.

You can use ICT macros to enhance your trading strategy and gain better results because these add confluence to your trading strategy.

In his 2024 Mentorship ICT mentioned that “ICT macro happens in every single hour containing last 10 minutes of closing hour and first 10 minutes of opening hour” with few exceptions mentioned later.

Michael Huddleston also mentioned in his 2024 Mentorship that “Last hour has four macros” which means an ICT Macro occur after every 15 minutes in the last hour.

ICT macros were initially introduced by the Michael Huddleston back in the year 2023 and this is how they look like in the chart.

How ICT Macros Work?

As we discussed earlier, during the ICT macro times the algorithm either seeks liquidity (sell side or buy side) or it may look to balance the imbalance (fair value gap) in price.

Your trading setup may form before the ICT macro time but the ICT macros can add volatility in the price resulting into a quick move to hunt the liquidity. Sometimes a trading setup may form during the ICT macro times and can hit the target during this time too.

ICT Macro Times EST & GMT

Below we have tabulated macro times in both EST & GMT time frame so you do not have confusion in what ever time zone you are.

ICT Macros	EST Time	GMT Time
London Macro	02:33 AM to 03:00 AM	06:33 AM – 07:00 AM
London Macro	04:03 AM to 04:30 AM	08:03 AM – 08:30 AM
New-York AM Macro	08:50 AM to 09:10 AM	12:50 PM – 01:10 PM
New-York AM Macro	009:50 AM to 10:10 AM	01:50 PM – 02:10 PM
New-York AM Macro	10:50 AM to 11:10 AM	02:50 PM – 03:10 PM
New York Lunch Macro	11:50 AM to 12:10 PM	03:50 PM – 04:10 PM
New York PM Macro	01:10 PM to 01:40 PM	05:10 PM – 05:40 PM
New York Last Hour Macro	03:15 PM to 03:45 PM	07:15 PM – 07:45 PM

Silver Bullet

**Time & Price Theory **

ICT silver bullet strategy is a time-based algorithmic trading model based on the Liquidity and Fair Value Gap which happens three times a day in a one-hour window.

As said by Michael Huddleston the founder of ICT, “To quit your job, you need something that repeats every day and yields five handles.” ICT silver bullet is what he was talking about because it repeats every day and can yield you up to 20-30 pips.

How ICT Silver Bullet Strategy Works?

As you know, price moves because of two main reason that are to balance any imbalance in price delivery or to take the liquidity. That’s is why ICT silver bullet strategy is based on the liquidity and fair value gap.

So, before the start of ICT silver bullet session, you have to mark the nearest buy-side and sell-side liquidity on 15-minute time frame. If price has swept the liquidity of one-side, it may move to the other side to grab the liquidity.

Alternatively, if price has run above/below the liquidity, then it may continue to move further in that direction and grab next liquidity. So, after the start of ICT silver bullet session look for an ICT Market Structure Shift in lower time-frame like 1-Minute or 3 Minute in the direction of next Draw on liquidity.

After the ICT MSS in the direction of draw on liquidity, look for any ICT fair value gap behind, you can use ICT Premium and Discount tool to find best FVG to trade. When price trades back to the Fair value gap you can execute a scalp trade.

This is how an ICT silver bullet is displayed in chart.

ICT Silver Bullet Times

Below we have tabulated the ICT silver bullet times in both EST & GMT time zones. The table cover all the 3 silver bullet times including London, New York AM & PM sessions.

ICT Silver Bullet Session	EST Time	GMT Time
London Open Silver Bullet	03:00 AM – 04:00 AM	07:00 AM – 08:00 AM
New York AM session Silver Bullet	10:00 AM – 11:00 AM	02:00 PM – 03:00 PM
New York PM session Silver Bullet	02:00 PM – 03:00 PM	06:00 PM – 07:00 PM

Kill Zones

****Time & Price Theory ****

ICT kill zones also known as ICT session times or forex kill zone times are basically time frames with high trading volume and volatility in the market resulting into good trading opportunities which you can utilize to maximize your profits from the market.

These kill zones are based on the four primary sessions of the international forex market that are Sydney, Tokyo, London and New York thus making them volatile.

Another major factor contributing to the surge in trading volume during these sessions is huge trade activity by various institutional traders during this time frame, which Michael Huddleston refers to as ICT kill zones.

These zones are divided into four time frames named as, Ict Asian kill zone, ICT London kill zone, ICT New York kill zone and ICT London close kill zone, the timing for all which is tabulated below.

These ICT kill zone times are according to GMT & EST time.

ICT Kill Zones	EST Time Frame	GMT Time Frame
ICT Asian Kill Zone	07:00 PM – 10:00 PM	12:00 AM - 03:00 AM
ICT London Kill Zone	01:00 AM – 05:00 AM	07:00 AM - 10:00 AM
ICT New York Kill Zone	07:00 AM – 10:00 AM	12:00 PM - 02:00 PM
ICT London Close Kill Zone	10:00 AM – 12:00 PM	03:00 PM - 05:00 PM

ICT Asian Kill Zone

ICT Asian kill zone lies between 7:00 PM – 10:00 PM (New-York Local time). It is based on the ICT Asian range being the first strategic period in the forex market with ideal pairs of Australian Dollar, New Zealand Dollar and Japanese Yen.

These are the most active pairs in ICT Asian time and the US Dollar mostly tends to consolidate during Asian session.

Characteristics of Asian Kill Zone

· Asian kill zone time lies between 07:00 PM to 10:00 PM.

· Mostly the higher time frame bias is helpful during this period of time but short term retracement either bullish or bearish can offer you similar optimal trade entry.

· Most of the time the Asian session displays least volatility and the tight ranges making it less attractive for traders.

· The Asian open mostly setup an optimal trade entry pattern that can offer 15-20 pips scalp trade.

· Most trade setups during Asian session of time happen in cross pairs due to US Dollar
consolidation in this timeframe.

ICT London Kill Zone

ICT London kill zone time lies between 02:00 AM – 05:00 AM (New York local time).

It falls in the ICT London session, witnessing the highest trading volume as compared to Asian session. Euro (EUR) & Britain Pound (GBP) are the hot pairs during this period of time. The London session possesses the highest probability of a large directional move in 24 hours.

Characteristics of London Kill Zone

ICT London kill zone lies between 01:00 AM to 05:00 AM EST.

Mostly the higher time frame bias is helpful during this period of time.

The London open can set up an optimal trade entry pattern that can offer you more than 30 pips directional trade.

On a bullish day during the London kill zone, price mostly sets high of the day.

While on bearish days during London kill zone price may set up low of the day.

ICT New York Kill Zone

ICT New York kill zone lies between 07:00 AM – 10:00 AM (New York local time). It is highly volatile due to the overlap of London and New-York sessions, During this session pairs coupled with US dollars are important to watch and trade.

Characteristics of New York Kill Zone

ICT New York kill zone lies between 07:00 AM to 09:00 AM EST.

Mostly the higher time frame bias is helpful during this period of time but short term retracement either bullish or bearish can offer similar optimal trade entry.

The New York session mostly retraces back to the London trading range and sets up an optimal trade entry pattern that can offer you 30-40 pips trade.

The New York session is volatile with high trading volume because of the overlapping between London and New York sessions.

ICT London close Kill Zone

ICT London close kill zone lies between 10:00 AM – 12:00 PM (New York local time). It possesses a significant importance due to its timing as most of the traders secure their positions before the close of the day which may result in retracement of the price back to the daily range.

Price mostly retraces back to its daily range offering a good optimal trade entry setup & major pairs coupled with the US dollar are preferably good to trade during this time.

Characteristics of London close Kill Zone

ICT London close kill zone lies between 10:00 AM to 12:00 PM EST.

London close kill zone can offer five minutes OTE setup with 15/20 pips scalp trade.

On bullish day after making high of the day, price retrace back to the daily range during London close kill zone.

On bearish day after making low of the day, price retrace back to the daily range during London close kill zone.

Price alone is not important but the time of price delivery is important.

You are done with Time & Price Theory. Now move to next Learning Block.

7.

Bonus Lecture

Bonus Lecture 2024 Trading Model

(I) 08:00 AM Model:

Key Elements

(I) Relative Equal High : is a high having a lower swing high on the right side of it, formed because of a swing failure and a potential reversal.

(II) Relative Equal Low : is a low having a higher swing low on the right side of it, formed because of a swing failure and a potential reversal.

(III) Displacement : is a move against a pre-session, pre-day or pre-price swing, so its a counter move.

(IV) ICT Order Block : is the zone/area in a price chart, where a large number of orders are executed by institutional traders in the market and market shows sudden strong move from that area.

(V) Breaker Block : is when price sweeps the liquidity of a low or relative equal lows by dropping below the low and then it goes up breaking the previous swing high, all the up closed candles formed before dropping down and sweeping the liquidity is bullish breaker block but the most sensitive one will be last up closed candlestick.

Bearish breaker block is when price sweeps the liquidity of a high or relative equal highs by going above them and then it drops down breaking the previous swing low, all the down closed candles formed before moving up and sweeping the liquidity is bearish breaker block but the most sensitive one will be last down closed candlestick.

(VI) SIBI : is a down closed ICT Fair Value Gap.
(VII) BISI : is an up closed ICT Fair Value Gap.

Key Timeframes for ICT 2024 Mentorship

Michael said if you are new to his concepts or new to trading then focus only on three time frames and forget everything.

(I) 15 Minutes
(II) 5 Minutes
(III) 1 Minute

Key Time of The Day

In this lecture of ICT 2024 mentorship, Michael only focuses on post 08:30 AM but preferably you can sit before 08:00 AM (New-York Local Time).

Application in The Market

So according to the ICT 2024 mentorship lecture 1, you have to sit at your computer before 08:30 AM (New-York local time) preferably at 08:00 AM (New-York local time). You only have to focus on three time frame 15 Minutes, 05 Minutes and 01 Minute.

15 Minutes chart will be your bias and parent chart where you will look for the levels like inefficiencies and draw on liquidity.

After 08:00 AM you have to look for relative equal highs or relative equal lows on 01 minute timeframe. After the formation of relative equal highs/lows wait for price to grab these relative equal high/low.

(I) Bearish Scenario

If price forms and grabs the relative equal highs then wait for price to return back to range and close below the swing low (Market Structure Shift).

After grabbing the liquidity of relative equal highs if price returns back and closes below the swing low, mark the bearish order-block, SIBI formed in the dropping move and the bearish breaker block formed after breaking swing low.

When price retraces to the order-block, SIBI or breaker you can execute a sell trade at one of this PD-array targeting the next draw on liquidity like relative equal lows or low of previous session.

(II) Bullish Scenario

If price forms and grabs the relative equal lows then wait for price to return back to range and close above the swing high (Market Structure Shift).

After grabbing the liquidity of relative equal lows if price returns back and closes above the swing high, mark the bullish order-block, BISI formed in the rising move and the bullish breaker block formed after breaking swing high.

When price retraces to the order-block BISI or bullish breaker you can execute a buy trade at one of this PD-array targeting the next draw on liquidity like relative equal highs or high of previous session.

(II) 07:00 AM Model

Key Elements

(I) SIBI : is the down closed Fair Value Gap
(II) BISI : is the up closed Fair Value Gap
(III) IFVG : is the Inversion Fair Value Gap..
(IV) Breaker Block : is a failed order block.
(V) Relative Equal High : is when a high has a lower swing high on right side of it formed due to price swing failure.

(VI) Relative Equal Low : is when a swing low has a higher swing low on right side of it formed due to price swing failure.

(VII) Fractal : is the repetitive nature of price behavior on every timeframe.

(VIII) Specific : Very first fair value gap prior to the stop hunt will be the most sensitive inverse fair value gap.

(IX) Consequent Encroachment: is the 50% retracement level (middle) of an ICT PD Array.

(X) Fibonacci Inputs : use 0, 0.5, 1, -2 and -2.5.

Key Times of The Day

(I) 07:00 AM (New-York local time)
(II) 08:00 AM (New-York local time)
(III) 09:00 AM (New-York local time)

Key Timeframes for ICT 2024 Mentorship

(I) 15 Minutes.
(II) 05 Minutes.
(III) 01 Minute.
(IV) 15 Seconds.

Application in The Market

Start at 07:00 AM (New-York local time) do not look anything prior if you are brand new. If you have experience you can look for prior data (london price delivery).

Anything you wan to see prior 07:00 AM is london high and low for the draw on liquidity. Do not predict the price just wait for it to happen. 07:00 AM (AM-Session) always first and foremost characteristics is retracing back into London-Session range.

At 07:00 AM you should be at your computer and you have to look for relative equal highs or relative equal lows formation on 05 minutes or 01 minute timeframe.

After the formation of relative equal highs/lows wait for price to grab these relative equal high/low.

(I) Bearish Scenario

If price forms and grabs the relative equal highs then wait for price to return back to range and close below the swing low (Market Structure Shift).

After grabbing the liquidity of relative equal highs if price returns back and closes below the swing low, mark the very first fair value gap formed prior to the stop-hunt as IFVG and also mark the bearish breaker block formed after the break of swing low.

When price retraces back you have to execute a sell trade at consequent encroachment of the Inverse fair value gap (IFVG) marked, if IFVG is not present then you can execute the sell trade at bearish breaker block.

(II) Bullish Scenario

If price forms and grabs the relative equal lows then wait for price to return back to range and close above the swing high (Market Structure Shift).

After grabbing the liquidity of relative equal lows if price returns back and closes above the swing high, mark the very first fair value gap formed prior to the stop-hunt as IFVG and also mark the bullish breaker block formed after the break of swing high.

When price retraces back you have to execute a buy trade at consequent encroachment of the Inverse fair value gap (IFVG) marked, if IFVG is not present then you can execute the buy trade at bullish breaker block.

NOTE: After 07:00 AM, 08:00 AM and 09:00 AM in first 30 minutes (Pre-Session range) expect something opposite (opposite price movement to the relative trend or relative equal highs/lows).

8. Risk Management

Risk Management

Trading forex is as much about **protecting your capital as it is about making profits**. A disciplined risk management plan ensures longevity in trading and prevents emotional decision-making.

Here's a structured approach that minimizes risk while maximizing reward.

1. Risk Per Trade: Never More Than 2%

To safeguard your trading account, never risk more than 2% of your total capital on a single trade. This ensures that even after a losing streak, you have enough capital to recover.

For example, if your trading capital is $10,000, your maximum risk per trade should be $200 (2%).

2. Adaptive Risk Adjustment

If you hit a 2% loss in a session, reduce your risk per trade to 1% until you regain profitability and stabilize your account balance. This helps prevent overtrading and emotional reactions after losses.

3. Risk-to-Reward Ratio: 1:3

Each trade setup should have a minimum risk-to-reward ratio of 1:3. This means for every $1 risked, you aim to make $3 in profit.

For instance, if your stop loss is 20 pips, your take profit should be at least 60 pips. This ensures that even with a lower win rate, you remain profitable in the long run.

4. Trade Selection: Quality Over Quantity

Avoid over trading by limiting yourself to 1 to 2 high-quality trade setups per day. Look for confluences such as support and resistance levels, trend confirmation, and strong price action signals.

5. Stop Loss and Take Profit Discipline

Always set a stop loss and take profit before entering a trade. Never adjust your stop loss to widen it if the trade goes against you. Stick to the plan and accept losses as part of the game.

6. Daily Loss Limit

If you reach your daily loss limit (e.g., 4% of total capital), stop trading for the day. This prevents revenge trading and ensures you return with a fresh mindset the next session.

7. Risk Diversification

Avoid putting all your risk on one currency pair or a single type of setup. Diversify across different forex pairs and market conditions to reduce exposure.

8. Trading Psychology and Emotional Control

Stick to the plan and avoid emotional decision-making. Losses are inevitable, but your ability to manage them determines long-term success. Keep a trading journal to analyze mistakes and refine your strategy.

Conclusion:

By following this risk management plan, you ensure steady growth and protect your capital. Trading is a marathon, not a sprint. Focus on discipline, patience, and consistent execution to achieve long-term profitability in forex trading.

“

Trading is a marathon, not a sprint.